



CREATIVE RENAISSANCE



ONLINE AND ONSITE

'Chaos is filled with hope because it heralds a rebirth.'

Coline Serreau

Sensi, Ateliers Arts & Sens
training organization

Tea & Tao
Wellness center

Contact : Marco Albasio
info@teantao - +39 331 666 2450

www.teantao.com





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[New] Sensi workshops are now available in **digital format!**

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♥ Solidarity workshops: 5% donated to [Association Aïda](#)

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♥ Solidarity workshops: 5% donated to [Association Aïda](#)

Barbara Albasio

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Sensi Workshops

An **innovative method** for developing the **collective intelligence** of managers and their teams through artistic and sensory experience.

In the form of workshops, Sensi is a program to awaken the senses and stimulate the capacity for innovation, through the encounter and experience of crafts.

These workshops, made to measure and conducted by professional artists, create **team cohesion**, promote **well-being** and stimulate **creativity**, essential assets for the performance of the company.

By creating works of art, first individually and then collectively, creativity is released. Expressing feelings and experiences through **group experience** is an effective way to develop collective intelligence.



« Make your paintings an opening to the world »

Leonardo da Vinci

Faced with the health crisis, the Sensi team has redoubled its creativity to adapt its artistic and sensory workshops to this unique context and to the needs of its customers.

Almost all Sensi workshops are now available in **digital format** via the platform of your choice (Skype, Teams, Zoom, Cisco Webex ...) and when **possible in person** with the necessary protective precautions!

Enthusiastic and flexible, we adapt to your wishes and needs: **contact us** to find out more and see together what suits you at this particular moment.

They trust us :




A committed company

Driven by the desire to develop ever more responsible and united workshops, Sensi Ateliers is committed to 2 associations:



The first association created by high school students in Europe, the **Aïda Association** supports adolescents and young adults affected by cancer.

For each  workshop organized, Sensi Ateliers pays 5% of the price excluding VAT to the Aïda Association www.associationaida.org



The association initiated by the City of Paris, **Les Canaux** supports economic players committed to solidarity and the planet

It is now possible to organize Sensi's CSR workshops in their beautiful premises!

... What if we all got involved together, to go further?

"THE ART OF COOPERATION" WORKSHOP



Alone we go faster, together we go further!



Concept

How to live and work together? What place for a leader today? The art of cooperation is probably the most fundamental human issue of the twenty-first century, facing any social group, whether it is a company, an orchestra, an association or a country.

Through interactive methods and a sensitive approach, you will enter the world of orchestra, a world of experts, of sensibilities, of egos, of projects that need to be endlessly successful, of high standards ... Above all, a world of humans in **cooperation**, in which the action takes place through **senses** and **responsibility** (collective and individual).

Online Workshop



1h30



Quote on request



5% for Aïda Association

(for an onsite workshop, [contact us](#))



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WORKSHOP

"CREATIVITY TO ENERGIZE TEAMS"



Creativity is intelligence that has fun.



Concept

Creativity is a powerful tool for team building and collaboration: thanks to a common creative project, people get to know each other better, they forge ties and become more motivated and more innovative.

During this fun and interactive workshop, you will experiment with creative techniques to boost team spirit and come out even better together! Creating alone is already very fun, together it's even better.

Online Workshop



1h30



Quote on
request

(for an onsite workshop, [contact us](#))



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REBOOST WORKSHOP



*Develop your inner resources to find well-being and energy
by rebalancing Body, Mind and Spirit.*



Concept

These periods of social distancing, with their 'yoyo' of emotions and uncertainties have more than ever put our resilience to the test by upsetting our balance and that of those around us (families, employees, customers, etc.).

Your employees need a REBOOST!

It's an online session (on the platform of your choice), interactive, fun and creative to cultivate resilience and endurance,
and **regain balance, optimism, confidence and efficiency.**

These ingredients contribute to the well-being and fulfillment of each person, and are necessary for the development and growth of the company. Sharing this collective experience in a moment of collaboration will help strengthen employee cohesion.

Online Workshop



1h
1h30



Quote on
request



5% for Aïda
Association

(for an onsite workshop, [contact us](#))



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"TEAMS THAT CREATE VALUE" WORKSHOP



*Getting together is a start, staying together is progress,
working together is success.*



Concept

Welcome to a unique interactive workshop, dedicated to teams that wish to reach new levels of connection and performance. The program is a conscious journey through three key aspects that constitute a healthy team: its connection with the ecosystem, the relationship between its members and leadership skills of its members.

Through fun and unique experiences, the teams develop confidence, draw a shared vision and experience the rhythm of cooperation. Individual team members experience powerful tools to take their own leadership to the next level.

Online Workshop



3h
3h30



Quote on
request

(for an onsite workshop, [contact us](#))

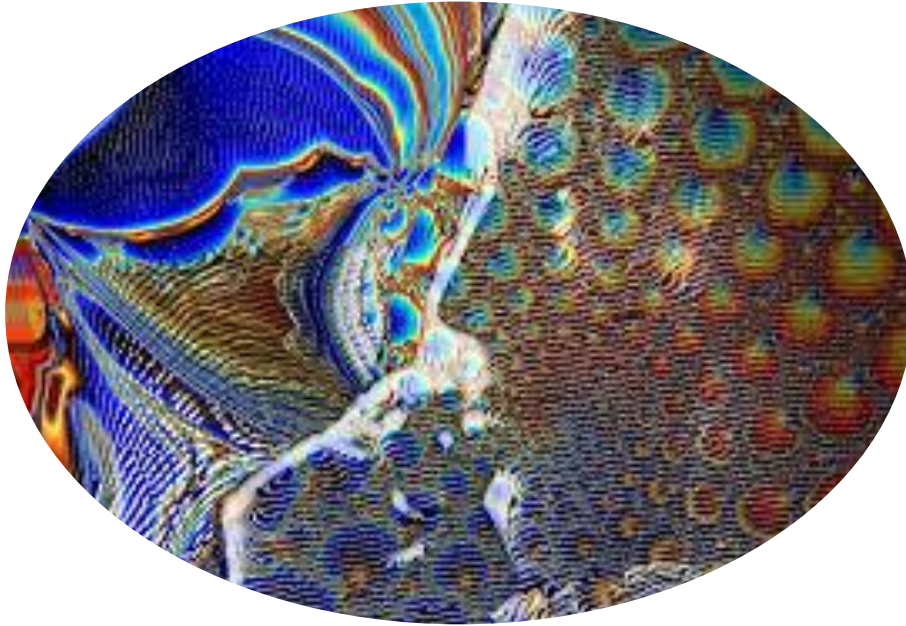


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'ARTFUL LEADER' WORKSHOP



The evolution of leadership towards the innovative decision maker of the 21st century



Concept

Become an 'Artful leader' and learn to master your mental processes and improve your ability to lead. Your **curious and open** state of mind will be your ally.

You can evolve into a more effective leader that begins by setting an example and progresses by creating a network of people who are happy to cooperate towards a common goal.

This workshop uses our natural ability to be creative in a systemic way to achieve high efficiency in reaching objectives.

Online Workshop



1h30



Quote on request



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I CHING WORKSHOP FOR TEAMS

"THE ART OF MANAGING CHANGE"



*The ancient wisdom teaches you how to grow your team
and grow your business through these uncertain times.*



Concept

For thousands of years, emperors, kings, and philosophers have looked to this practice for guidance. More recently, a founding figure of modern psychology such as C.G. Jung accredited it as a tool to connect through your subconscious to deep knowledge you did not even know you had.

In this workshop, team members will learn the fundamentals of **decision making** and tackle real-life issues through a process that combines I Ching's subconscious work with communication between team members. The process itself is a useful tool that can be used every day to **overcome life's obstacles**, as well as to **improve team cohesion** and modus operandi to **increase productivity** and happiness at work.

Online Workshop



1h
1h30



Quote on
request

(for an onsite workshop, [contact us](#))



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CREATIVE CONSULTATION CO-DEVELOPMENT WORKSHOP



Collective and creative intelligence on the move



Concept

Collective intelligence promotes people's creativity, innovation, motivation and commitment. The emerging capital of the collective is much more than the sum of the intelligences of individuals.

This workshop is framed by a precise method of **co-development**, where the participants of the group make themselves available towards a **real problem** to provide advice and feedback. It's a reverse training process where you learn from your peers, in a caring and **constructive atmosphere**.

The method is very powerful and efficient, using a short and rhythmic time so that everyone comes out a winner: both people who have exposed their problems to the group as well as those who have contributed their know-how and their interpersonal skills with a **listening and welcoming posture**.

Online Workshop



1h
1h30



Quote on
request



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"THE BODY AS A PATH TO OUR WELL-BEING" WORKSHOP



*Learn to treat your body well, for a positive impact
on your mind, spirit and environment!*



Concept

In this workshop you will be guided by a professional to acquire a series of body movements that you can do in the office or at home. It's a combination of best practices from different disciplines around the world. Through these wellness exercises you will learn to relax your body and generate positive and creative energy which is useful both at work and in everyday life.

Online Workshop



1h



Quote on
request

(for an onsite workshop, [contact us](#))



Back to menu

NATURE & ART MEDITATION WORKSHOP

Mindfulness, Listening, Attention and Creativity



Concept

Guided by a soft voice, you will take an imaginary walk in nature or you immerse yourself in art, it's up to you! You release your mind and by being in contact with the present moment, you'll feel relaxed and attentive. This guided meditation will help you visualize and practice the awakening of the senses. It is an excellent preparation for a professional and creative session.

Online Workshop



1h



Quote on
request

(for an onsite workshop, [contact us](#))



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YOGA AT WORK WORKSHOP



*Express and feel well-being through yoga.
Come into total harmony with yourself and with others.*



Concept

Explore different balance and self-control techniques through this yoga at work initiation. After a warm-up, you will perform physical exercises that you can repeat every day also in your workplace, without requiring extra space or special clothing. Thanks to this increase in bodily flexibility, you will regain balance, relaxation and concentration.

Online Workshop



1h



Quote on
request

(for an onsite workshop, [contact us](#))



Back to menu

'OPEN YOUR CHAKRAS' WORKSHOP



The art of energizing body and mind during the day.



Concept

With this workshop, you offer your employees a one-hour bubble to release tension, reconnect with self and others, do themselves good ... and have fun. A world tour in music between african percussions, groove, oriental undulations and "Bollywood", where you will oxygenate yourself through simple, fun movements that bring benefits. No dance experience is necessary.

Online Workshop



1h



Quote on
request

(for an onsite workshop, [contact us](#))



Back to menu

AYURVEDA - MINDFULNESS WORKSHOP



*Develop your creativity and connection to yourself
through a multisensory and meditative exploration.*



Concept

During this workshop you will experience the Ayurvedic art of living. Ayurveda means 'Knowledge of life'. Of Indian origin, it is an integrative worldview that combines body and mind through the senses. You will create your own practical, simple and fun rituals to take care of yourself, others and the planet.

You will reconnect with your intuition and your inner compass.

Bon voyage !

Online Workshop



1h



Quote on
request

(for an onsite workshop, [contact us](#))



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"BOOST YOUR ENERGY WITH THE POWER NAP" WORKSHOP



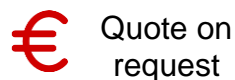
The art of creating your cycles of action and regeneration.



Concept

In this workshop inspired by techniques to optimize your potential, you will discover the different levels of vigilance of the brain, its phases of creativity, stress, and recovery, the notion of balance and self-regulation. These recovery techniques are taught in the military and in high performance sport. You will try out a quick nap practice to be able to better manage your energy during the day and improve your sleep at night.

Online Workshop



(for an onsite workshop, [contact us](#))



Back to menu

'THE ALCHEMIST OF EMOTIONS' WORKSHOP



Turn your emotions into creative and sustainable energy.



Concept

In this workshop you will be guided by two emotion and creativity professionals.

After entering the world of emotional intelligence, through an interactive and concrete experience, you will learn to recognize and accept your emotions, then transform them into creative and enduring energy, for your personal and professional life.

Online Workshop



1h
1h30



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request

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'SENSORY TRAVEL FOR THE BENEFIT OF CREATIVITY' WORKSHOP



Bring out innovative ideas and solutions through a voyage of the five senses.



Concept

This trip offers a series of round trip sequences between the 5 senses and creativity to bring out ideas on a subject of your choice.

During each sequence, the senses are stimulated by smells, sounds, tastes... This immersion brings out images, memories, projections then shared in pairs or groups of three. From these exchanges arise related ideas with the subject. They are then refined and presented in plenary, the group then makes a selection of ideas according to its own criteria.

Online Workshop



1h



Quote on
request

(for an onsite workshop, [contact us](#))



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'SHINRIN YOKU' FOREST BATH WORKSHOP



By opening our senses in the forest, we create a bridge between us and the natural world.



Concept

During this forest therapy workshop, called shinrin-yoku in Japanese, you will awaken all your senses, and experience the benefits of trees. Touch the trees, hug them, breathe their scent and the fresh air emerging from them, listen to the sounds of the forest, marvel at the light of the sunrays that land on the leaves. Getting back in contact with trees is like getting back in contact with one's deep being. A powerful therapy thanks to its rejuvenating energy.

Online Workshop



1h



Quote on
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Back to menu

'VAN GOGH AND EMOTIONS'



Science, music, cinema and art between the two centuries.



Concept

During this interactive cultural workshop, guided by a professional from the world of art, you will immerse your eyes on the work of Vincent Van Gogh and the historical and cultural context that has influenced his style of painting.

As we enter his world, can we better understand him? What emotions do we experience watching his works?

For about an hour, go on an imaginary journey through time and space and experience a shower of pleasant emotions, while remaining at home comfortably seated.

Online Workshop



1h



Quote on
request



5% for Aïda
Association

(for an onsite workshop, [contact us](#))



Back to menu

'ECO-NATURE' WORKSHOP



Awaken the responsible creator within you!



Concept

Together, as a team, inspired by nature and positive examples of ecological action, you will create an action-project geared towards the respect and preservation of nature. Starting from different materials (recoverables, recyclables, collages, papers, markers, paint, etc...) assembled into a creative and engaging work of art. Creativity then will become the catalyst for aware and motivated action!

Online Workshop



1h30



Quote on
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ZEN DRAWING WORKSHOP



*Unleash your imagination and creativity with the art of meditative drawings.
A feeling of harmony, calm and serenity that goes hand in hand with joy and pleasure.*



Concept

During this workshop, you will decorate letters with your colleagues to make up your logo or phrase using the Zentangle method. Zentangle is a meditative art form made using a rigorous, deliberate and intentional method of producing an unplanned abstract design composed of simple or very complex patterns. You will carry out this common work staying connected with others, in listening and sharing, during a privileged moment or relax together.

Online Workshop



1h



Quote on
request

(for an onsite workshop, [contact us](#))



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'MODELLING EARTH' SCULPTURE WORKSHOP

*Awaken the primary, essential and buried sensations
by creating a 3-dimensional object.*



Concept

In this workshop, you become a sculptor immersed in the heart of a creative adventure that will question your senses and make you take a new look at things. Guided by an artist, you will create a sculpture from a live model, first alone and then in a group creating a common work of art.

On site Workshop



2h30
3h



Quote on
request



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Association



Back to menu

'LAND ART' WORKSHOP

*Be open and curious, be inspired by the beauty of nature
to exercise your creativity together.*



Concept

In this workshop, you will walk in nature with your collaborators. Observe nature and then channel it by practicing "Land Art": transient works from materials found in nature like stones, sand and wood. As a team, express your values, your identity through these works and free your imagination to tell the story that goes with it.

On site Workshop



2h30
3h



Quote on
request



Back to menu

'DISCOVERY OF OTHER' PAINTING WORKSHOP



Experience the art of encounter in painting.



Concept

In this workshop, you will discover the other by taking their portrait, you will sometimes be an artist, sometimes a model. You will meet and express yourself through the creation of a pictorial work that brings together all the portraits of the team, made by the members of the team.

Online Workshop



1h30



Quote on
request

(for an onsite workshop, [contact us](#))



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'IMAGINE AND CO-CREATE THE WORLD TO COME' WORKSHOP

*Imagine, build and share a work of art together
representative of the team's vision and spirit.*



Concept

During this workshop, you will become a visual arts painter. With your coworkers, you express the spirit of your team in the "world to come" through a pictorial work. Together, you will work on color to put your shared vision into perspective.

On site Workshop



2h30
3h



Quote on
request



Back to menu

'TALENT SHOW' WORKSHOP



Uncover the artistic talents of your teams and set them into music!



Concept

Your employees participate in an event to celebrate music. Accompanied by professionals, **they will record themselves in the studio**. A video clip is then made with all the recordings and **shared with your teams**. It is also possible to organize a **Talent Show** where each talent discloses their work to the other participants.

Carried out **face-to-face or online**, this activity will offer a real playful break to your employees, allowing them to escape from everyday life, to share a friendly moment and strengthen team cohesion. An unusual memory they will never forget!

Online Workshop



1h30



Quote on
request

(for an onsite workshop, [contact us](#))



Back to menu

DANCE AND BODY MOVEMENT WORKSHOP



*Express, feel and communicate
through music, rhythm and dance in complete freedom!*



Concept

In this workshop you will explore different sensations and share a friendly musical moment with your employees, without the need for prior musical knowledge or technique. Feel the strength, emotion and enthusiasm of being all together, with the freedom to move forward with confidence towards a co-constructed future.

Online Workshop



1h



Quote on
request

(for an onsite workshop, [contact us](#))



Back to menu

'FREE YOUR VOICE' WORKSHOP



Let your voice come out to express your personality.



Concept

In this workshop, you will explore the universe of voice beyond the usual functionalities (speaking, singing) to discover sound, put yourself in tune with yourself, listen to the life that flows within you. To meet your voice is to meet yourself with clarity. The sound travels within us and we are the astonished spectators of places which are often overlooked. Trust your voice. Make your voice an asset of your personality.

Online Workshop



1h30



Quote on
request

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PUBLIC SPEAKING WORKSHOP



Seduce your audience like a performing artist
"Where speech stays with the words, the word engages the body."

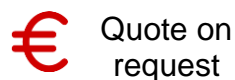


Concept

Business actors are often called to become real actors in front of a real audience. When speaking in public, executives and managers must convey a clear message, captivate their audience without becoming destabilized.

Public Speaking is more akin to practices borrowed from the performing arts than to business life, Sensi offers business players the chance to decode, demystify and appropriate it through theater and singing experiences. These disciplines fit better than any other with the constraints of oral expression in front of a demanding audience, of any size.

Online Workshop



(for an onsite workshop, [contact us](#))



Back to menu

THEATER AND BODY EXPRESSION WORKSHOP



Expressing oneself, showing and seeing from one's body as a vehicle of expression.



Concept

In this workshop, you will be an actor and live an actor's experience. After initial team warm-up work, you will perform exercises, games, learning and theatrical performances that will make you aware of the importance of body communication, listening and exchange, confidence and risk-taking, openness and imagination ... all of which are precious assets for effective communication and joint and cohesive teamwork.

Online Workshop



1h30



Quote on
request

(for an onsite workshop, [contact us](#))



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'AS AN ORCHESTRA DIRECTOR' WORKSHOP



Source of inspiration and education for leaders and managers
Experience the journey of the conductor enabling to play together skillfully and in unison!



Concept

Guided by a conductor, through interactive and fun musical exercises, you will experience the various facets of this role: leading while trusting and delegating, identifying and developing talents, and creating a team spirit. The sensory memory of this exercise will allow you to reinforce the key skills of leaders and managers. You interact with a professional conductor who uses concrete examples and methods. Teaching and practice go hand in hand with pleasure and joy.

Online Workshop



1h30



Quote on request

(for an onsite workshop, [contact us](#))



Back to menu

'ALL IN REGISTER' CHOIR WORKSHOP

Express, feel and communicate through music, rhythm and voice, all in a register



Concept

In this workshop, you will explore your voice in all its states through breath, body, rhythm, song and music. You will realize the importance of listening and team communication, the power of the group when you sing in a choir in unison and rhythm. Guided by a choirmaster, you will be introduced to different musical genres, from gospel to pop or variety song.

On site Workshop



1h30



Quote on
request



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PERCUSSIONS WORKSHOP

Expressing and feeling through sounds and rhythms.



Concept

In this workshop, you will be a composer and musician. From the time of creation to the passing in front of the audience. You will perform exercises, games and musical performances that will make you aware of the importance of listening and sharing, openness, confidence and risk-taking, teamwork, all valuable assets for effective communication.

On site Workshop



1h30



Quote on
request



Back to menu

'FLAVORS AND DELIGHTS OF INDIAN CUISINE' WORKSHOP

Embark on a journey into the wonderful world of spices ...



Concept

During this workshop, you will be an Indian chef.

You will discover the gates to the universe of flavors of Indian cuisine, its culinary traditions and learn to recognize a plethora of spices and flavors.

You will embark on a culinary journey, rich in colors, flavors and picturesque anecdotes. You will cook the recipes and then taste the menu on location with the whole team.

Online Workshop



1h30



Quote on
request

(for an onsite workshop, [contact us](#))



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ITALIAN CUISINE WORKSHOP



Experience and savor the 'Dolce vita'!



Concept

Paced by the advice of an Italian chef, you will prepare together a recipe from the 'Dolce Vita' menu. Inspired by the charm of Italy, you cook a gourmet dish from the region of Venice, Florence, Rome or Naples, which you will then enjoy with pleasure. Travel and change of scenery are guaranteed!

Online Workshop



1h30



Quote on request

(for an onsite workshop, [contact us](#))



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'HEALTH FOOD' WORKSHOP



Put the colors of the rainbow on your plate!



Concept

In the era of artificial intelligence, how should we eat while keeping pleasure and expertise? Eating is vital. Yet despite advances in medicine, many people suffer from various intolerances, inflammation, lowered immunity ... The stomach is our second brain. In this workshop, we will discover the concept of the 2 brains and how to improve their communication. We are inspired by the playful and sensory advice from Ayurveda, for food which nourishes the body, the heart and the soul.

Online Workshop



1h30



Quote on
request

(for an onsite workshop, [contact us](#))



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WORKSHOPS



"AROUND THE WONDERFUL WORLD OF TEA" - AN ANCIENT RITUAL -

Respect, harmony, listening, concentration



Concept

Immerse yourself in an ancient tradition, a journey through time and space!

The Tea Ritual allows you to create 3 types of connections: with yourself, in the awareness of movements, with others by sharing tea, and with nature, savoring its tastes and fragrances.

Tonic pleasure for body and soul, tea acts on two levels
to **strengthen the immune system**.

Two variations of the Tea Ritual are available to you:
the **Chinese "Gongfu Cha"** ceremony or the **Japanese ceremony**.

Online Workshop



1h30



Quote on
request

(for an onsite workshop, [contact us](#))



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'TEA BLENDING' WORKSHOP - TO GO FURTHER -



The art of blending tea to develop team spirit, innovation and balance.



Concept

The art of blending and preparing tea

To find the right blend of flavors and the right amounts to reach a unique and original result is quite an art! In this workshop, you create your special tea, using different tea blends and ingredients.

Journey into the world of tea

In this interactive conference, you will discover tea, its history, its geography and its codes across countries and continents.

Online Workshop



1h30



Quote on request

(for an onsite workshop, [contact us](#))



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'COCKTAIL PERFUMES' WORKSHOP



*Play with the alchemy of components and flavors,
dare the scents, tastes and textures.*



Concept

During a workshop, you are a great creator of cocktails, you imagine and compose the cocktail of your dreams. As a team, you use the most sophisticated ingredients: from cutting fruit to exploring new flavors and textures, everything is done to be able to give birth to your creation.

Online Workshop



1h30



Quote on
request

(for an onsite workshop, [contact us](#))



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CREATIVE ATTITUDE TED TALK

*Experience CREATIVE ATTITUDE,
a new management philosophy!*



Concept

In a rapidly changing world, marked by uncertainties, chaos and crises,
what can we do: resist or evolve?

How to let go of old habits and adopt new ones,
how to view change as an opportunity rather than an obstacle?
How to create solid and valuable collaborations, to be safe and work better together
in this world in transition?

During a hands-on conference, Barbara Albasio, founder of Sensi Ateliers Arts & Sens and co-author of CREATIVE ATTITUDE, will offer you key factors
at work to stimulate and train the creative spirit, develop talent
and well-being, creating bonds and fostering collective intelligence.

Online Workshop



1h
1h30



Quote on
request



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Association

(for an onsite workshop, [contact us](#))

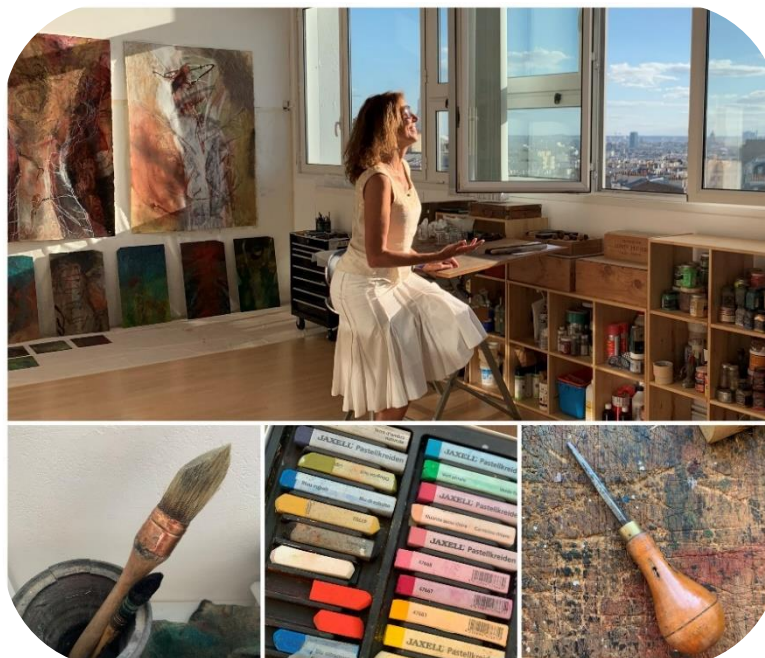


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WEBINART "I'M INSPIRED BY YOU"



Unprecedented resourcing for employees



Concept

This is an innovative format to bring inspiration, change of scenery and open-mindedness to employees through a journey into the world of an artist!
The meeting takes place each time with a different talented artist (photographer, singer, actress, painter ...) who will share with us **new moments of his artistic life** and offers the **audience participation** in an experience with him!

2-step program

1st step: view the film on the artist's backstage and his artworks

2nd step: meet the artist live

Online Workshop



1h
1h30



Quote on
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Association

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AQUAMOUR FILM



*A responsible trip around the world of a citizen couple,
looking for initiatives for the protection and love of water.*



Concept

“Without water, there is no life on Earth!”

Inspired by the film "Tomorrow", Barbara and Stéphane went to collect evidences from people committed and perceptive to the protection of water and marine ecosystems all over the world.
Objective: to show that every citizen of the world can have a positive impact for the preservation of water and nature.

The film may be shown in companies during a corporate event.
(water day, environment conscience, earth day ...).

This broadcast can be followed by a **moment of discussion**, a **conference**, **workshops**, an exhibition (photos), for this initiative to make a **lasting impression**.

Online Workshop



2h



Quote on
request



5% for Aïda
Association

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Barbara Albasio

After working in marketing at L'Oréal, Barbara Albasio joined Renault in the direction of brand strategy, then communication.

Polyglot, passionate about crafts, she trained in theater, sculpture, dance and yoga.

In 2007 she founded [Sensi Ateliers Arts & Sens](#), to develop relationships, well-being and creativity within companies.



Amazed by the benefits of creativity on people and organizations, she co-wrote the book [**CREATIVE ATTITUDE**](#) to inspire managers and leaders to take the path of creativity and adopt it in business.

In 2019, driven by her desire to travel and her love for nature, Barbara created with her companion, Stéphane Madelin, the [Aquamour20](#) project. Together, they set off on a responsible world tour in search of positive initiatives for the protection and defense of water in all its forms.

CREATIVE ATTITUDE

In this book, Barbara Albasio and Guillaume Cravero take you to meet a community of innovative creative decision-makers: managers, leaders, artists and experts. These ManArtGers and Artful Leaders, 21st century heroes, share their thoughts and experiences to inspire, motivate, collaborate and innovate in business.



"CREATIVE ATTITUDE fills a major gap in thinking and managerial literature. It does so in an original, creative and concrete way. I am convinced that there is no company manager, large or small, who does not find in it food for thought, action and progress. "

Louis Schweitzer, Honorary President of Renault

For further information: www.creative-attitude.co  



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