



Creative well-being WORKSHOPS

I offer on-site creative workshops to considerate businesses, providing bespoke origami sessions, tailored ideation marathons and conceptualisation sessions.

Get in touch to talk about how I can help you with your workplace wellness and employee responsibility...

“Rebekah developed bespoke origami and ideation workshops for our team at PRP as part of our mental health awareness events over the past two years. Her calming and inclusive nature kept us all engaged, even when the sessions had to be run online. At a time where our team were feeling quite isolated due to working at home, Rebekah brought everyone together, reconnecting us all in a creative way with lots of laughter thrown in”...

Jenny Buterchi, Partner, PRP Architects

Lunch + Learn

1 Hour from £395

- + Make and take away 1 lotus flower
- + Opportunity to create more items

Excludes materials (set priced per-head)
Lunch not provided

Workshop

3 Hours from £895

- + Make and take away 1 lotus flower and humming bird
- + Opportunity to create more items
- + Ideation marathon session
- + Best-worst artist drawing session
(aimed at non-artists with silly prizes)

Excludes materials (set priced per-head)
Lunch not provided

If you have any questions or would like more information please reach out to me at Rebekah@arell.co.uk 07900020063

..."The session was fun and informal and Becky's light hearted and humorous approach encouraged the group to join in with some banter and assist each other. Becky had timed the session so that we were all able to complete our lotus flowers and they could be seen around the office for the rest of the week to keep us all cheery".

Clare Cameron, Director, PRP Architects

Let's engage your valued team in fun, mindful creativity...



ARELL