





CREATIVE TRAINING

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COMPANY OVERVIEW

About Us

At ABSTRACTTARAN, we believe creativity drives exceptional leadership and innovation. Our workshops empower professionals. From managers to directors to enhance critical thinking, problem-solving, empathy, and communication through engaging, art-based learning experiences.

Each session blends creativity with practical leadership insights, encouraging participants to think strategically, collaborate effectively, and lead with purpose. Whether in person or online, we create inspiring spaces where teams can grow, connect, and unlock their creative potential.

OUR PROCESS

Mission

Our mission is to empower leaders and teams to think creatively and lead with empathy. Through transformative workshops, we cultivate the skills that drive innovation, collaboration, and meaningful growth.

Together, we inspire lasting change by unlocking the creative potential within every individual and organisation.

Vision

Our vision is to redefine professional growth through creativity and emotional intelligence.

We envision workplaces where leaders think boldly, teams collaborate with purpose, and every individual feels empowered to contribute their unique ideas.

Headquartered in London, we provide workshops and leadership training to clients throughout the UK and around the world.





UNLOCKING CREATIVITY

- **Enhance Critical Thinking:** Participants explore new perspectives that strengthen problem-solving and decision-making skills.
- Foster Team Connection: Shared creative experiences build trust, empathy, and open communication within teams.
- **Boost Innovation:** Hands-on creative challenges spark fresh ideas and encourage a culture of experimentation.
- Promote Wellbeing: Mindful, engaging activities help reduce stress and support a positive, balanced mindset.

EXECUTIVE DEVELOPMENT SESSIONS

Our Executive Development Sessions are designed to challenge perspectives and elevate decision-making through creativity and strategic reflection. Leaders engage in hands-on exercises that strengthen critical thinking, adaptability, and innovative problem-solving skills essential for navigating today's complex business landscape. Each session blends creative learning with practical leadership tools, empowering executives to approach challenges with clarity, confidence, and fresh insight.



CREATIVE STRATEGIES FOR LEADERS

Designed for senior leaders and executives, these sessions blend creativity with strategy to strengthen leadership performance. Through guided activities and reflective discussion, participants enhance critical thinking, emotional intelligence, and innovative decision-making, empowering them to lead with clarity, empathy, and vision.



EXPRESSION & EMOTIONAL INTELLIGENCE

This session explores how creativity can unlock deeper self-awareness and empathy in leadership. Through guided art-based activities, participants learn to express emotion, embrace vulnerability, and communicate with authenticity. The experience encourages reflection, emotional connection, and resilience. Essential qualities for leaders who seek to inspire trust, strengthen relationships, and create compassionate workplace cultures.



TEAM BUILDING & WELLNESS

Our Team Building & Wellness sessions combine creativity, collaboration, and mindfulness to strengthen team dynamics and support emotional well-being. Through engaging, art-based activities, participants reconnect, communicate openly, and rediscover a sense of balance and purpose at work. These experiences promote trust, reduce stress, and inspire a positive team culture. Helping individuals and organisations thrive together with renewed energy and creativity.



PACKAGES CREATIVE TRAINING WORKSHOP







CUSTOM PACKAGES CAN BE REQUESTED

2hr

From £300 (up to 15 participants)

A concise, high-impact session designed to re-energise teams and encourage innovative thinking. Participants learn practical tools for creative problem-solving and collaboration that can be applied immediately in the workplace.

Half Day From £500 (up to 20 participants)

A deeper exploration into creativity and leadership, combining handson exercises with reflective discussion. Teams strengthen communication, empathy, and strategic thinking while developing actionable insights for real-world challenges.

Full Day From £800 (up to 25 participants)

A comprehensive, results-driven programme designed to unlock creativity, build resilience, and elevate leadership performance. Through immersive activities and guided coaching, participants leave with practical strategies to drive innovation and organisational growth.



LONDON

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