

# N E H A L A C

## **The Colour of Leadership A Sensory Exploration of Creativity and Regeneration**

A curated, sensory-led experience designed for leadership and creative teams, exploring the intersection of nature, material and regenerative thinking.

Participants engage in a hands-on process using seasonal flowers, herbs and botanical elements to create unique textile imprints through natural colour extraction. The experience is deeply tactile and immersive, inviting a slower, more intuitive mode of thinking that encourages creativity, presence and collaboration.

Blending artistic practice with leadership reflection, the session offers a fresh perspective on how teams connect, create and think together.

### **SESSION OBJECTIVES / OUTCOMES**

- Unlock creative thinking and non-linear problem solving
- Foster mindfulness, presence and sensory awareness
- Strengthen team connection and collaboration
- Introduce regenerative and sustainable perspectives
- Encourage reflection through a hands-on, artistic process



### **EXPERIENCE FORMAT**

Flexible depending on client needs:  
2-hour immersive session  
Half-day (3–4 hours) deep-dive experience  
Optional: full-day leadership immersion

Group size:

Ideal: 8–20 participants (to maintain quality and intimacy)

### **WHAT MAKES THIS EXPERIENCE UNIQUE**

A multi-sensory approach engaging sight, touch and scent  
Use of natural, seasonal botanicals and plant-based pigments  
A balance of artistic exploration and leadership reflection  
Participants create bespoke textile pieces as a tangible outcome  
Designed as a curated experience, not a traditional workshop

### **FACILITATION STYLE**

A guided yet intuitive approach, with minimal instruction and space for exploration. The experience is designed to be immersive, reflective and collaborative, encouraging participants to engage both analytically and creatively.

### **IDEAL AUDIENCE**

Leadership teams  
Creative and innovation teams  
Organisations exploring new approaches to collaboration and thinking  
Teams interested in sustainability, creativity and wellbeing

### **PRACTICAL REQUIREMENTS**

Tables and open working space  
Access to water  
Natural light preferred (not essential)  
All materials (textiles, botanicals, tools) are provided.



