

# Well Lane Studios

Creative well-being, mindful development, and expressive team experiences — designed and facilitated by **Ella Lane**, based in Amsterdam.

AMSTERDAM · NETHERLANDS

ENGLISH · GERMAN · SPANISH



# About Well Lane Studios



## Our Practice

Well Lane Studios is a creative well-being and development practice based in Amsterdam. We design immersive sessions, workshops, multi-session programs, and retreat-style experiences that help people reconnect with clarity, calm, communication, and expression.

## Our Approach

Our work blends creative exploration, guided reflection, mindfulness, sensory-led facilitation, and evidence-informed approaches to attention, stress, and human connection. We work with professional audiences and adapt tone, framing, and pace for each group.

- Leadership offsites and team away-days
- Employee well-being weeks
- Creative retreats and culture programs
- Client events and internal development

# Meet Ella Lane

Founder, facilitator, and creative well-being designer



Ella Lane is the founder of Well Lane Studios, a creative well-being and development practice dedicated to helping individuals and teams reconnect with clarity, calm, and expression. With a background spanning **creative arts, behavioural psychology, and group facilitation**, she designs immersive sessions that use creativity as a gateway to relaxation, focus, and deeper human connection.

Her work blends hands-on artistic exploration with evidence-informed techniques, allowing participants to step out of cognitive overload and into a more present, engaged state. Across workshops, multi-session programs, and curated retreats, Ella guides groups through experiences that unlock communication, strengthen attention, and foster emotional intelligence.

The result is not just a moment of pause, but a lasting shift in how people think, interact, and create together.

AWARD FOR IMPACT

DIPLOMA OF INTERACTIVE MEDIA

MINDFUL EMPATHY COACH

MBA

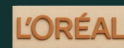
Master of Business Administration


Certified

Meditation Instruction & Mindful Empathy Coach

# Trusted by Leading Organisations

Well Lane Studios and Ella Lane's work has been shaped through projects, workshops, and creative development settings with teams and organisations across industries. Some engagements are delivered directly, while others are delivered through private bookings, event partners, leadership hosts, or client-side people and culture teams.



 We frequently work with professional audiences and can adapt the tone, framing, and pace for leadership groups, team-development settings, client events, offsites, creative retreats, employee well-being weeks, and internal culture programs.

# Shared Canvas

Group Art-Making for Perspective, Connection, and Collaborative Reflection

Shared Canvas uses guided art-making, visual prompts, paired reflection, and collective meaning-making to help groups step out of verbal over-analysis and into a more spacious, imaginative mode of collaboration. Participants work individually first and then gradually bring their material into a shared visual composition.

The emphasis is not on artistic skill. It is on **noticing patterns, surfacing assumptions, and seeing how different viewpoints can coexist** without being flattened.

- Particularly useful when a group has become overly verbal, overly performative, or stuck in familiar professional roles.

## Opening

Short arrival exercise and visual cueing process to help participants settle and arrive.

## Creative Sequence

Individual mark-making and small-group creative responses using paper, ink, collage, and optional writing prompts.

## Collective Assembly

The group creates a shared piece that becomes a conversation object for the debrief.

## Debrief

Oriented toward communication, trust, creative confidence, team identity, or focus – shaped to the group.

2–2.5h

Typical Duration

Expandable to half-day

€X

From

2-hour session in Amsterdam

# Stillness, Listening & Sensory Reset

An Afternoon of Mindfulness and Guided Creative Calm

This offering combines guided mindfulness, breath-led settling, sensory awareness, and low-pressure creative reflection to support nervous system down-regulation and collective decompression. It is especially relevant for groups moving through intensity, overload, transition, or sustained performance cycles.

The overall intention is not entertainment and not passive wellness branding. It is to create a **carefully held pause** in which attention, listening, and internal regulation can be restored.

→ Contextual Framing

Short introduction around attention and overstimulation in modern professional life.

→ Guided Arriving Practice

Seated awareness, breath anchoring, and sensory noticing.

→ Creative Reflection

Quiet process using image, colour, line, or written prompts.

→ Closing Integration

Participants notice what shifted in body, mood, attention, and mental pace.

## Benefits Often Reported



Reduced Mental Noise



Improved Calm



Inner Steadiness



Renewed Attention



Decompression



Ideal group size: **8 to 30 participants**. Can be delivered in quiet office environments, retreat houses, private event rooms, or dedicated offsite spaces.

# Multi-Session Programs

## Leadership Presence, Well-Being & Focus

A multi-session leadership development program for senior managers, emerging leaders, and key internal people who need to lead with more steadiness, clarity, and human depth.

The program blends reflective leadership practice, self-regulation tools, perceptual training, communication awareness, and applied focus practices – designed for environments where leaders are carrying too much cognitive load.

- Pressure and attention
- Emotional self-management
- Relational presence
- Communicating without collapse or over-control
- Leadership energy and sustainable pace
- Clearer thinking under complexity

6 Sessions

Over 2–3 months

9–15 Hours

Total facilitation

## PROGRAM B

### Reset and Reorientation Program

Most often delivered as a residential or semi-residential offsite experience. Designed for leadership groups or core teams who need to step out of everyday operating mode and enter a slower, more reflective, better-held environment.

The emphasis is on perspective, nervous system reset, strategic thinking, shared conversation, and deeper team connection.

01

#### Guided Morning Grounding

02

#### Facilitated Strategic Reflection

03

#### Mindful Walking or Quiet Outdoor Practice

04

#### Shared Meals & Slower Dialogue Formats

05

#### Evening Sensory Integration or Meditation

06

#### Optional Creative Reflection Block



Available as 2-day, 3-day, or 4-day format. Pricing available on request following scope conversation.

# Retreat & Immersive Formats

## RETREAT OPTION 1

### Leader Reset: A 3-Day Well-Being and Strategic Clarity Retreat

A retreat format for decision-makers, founders, and senior professionals who need to restore clarity while also reconnecting with why and how they lead. Not a high-energy leadership bootcamp — a slower and more intelligent environment for recalibration.

#### Guided Morning Practices

Leadership reflection sessions and sensory-based evening integration.

#### Facilitated Dialogue

Spacious strategic reflection and closing commitments.

#### Creative Studio Block

One reflective creative session woven into the retreat arc.

€X

From

Plus venue & accommodation

6–18

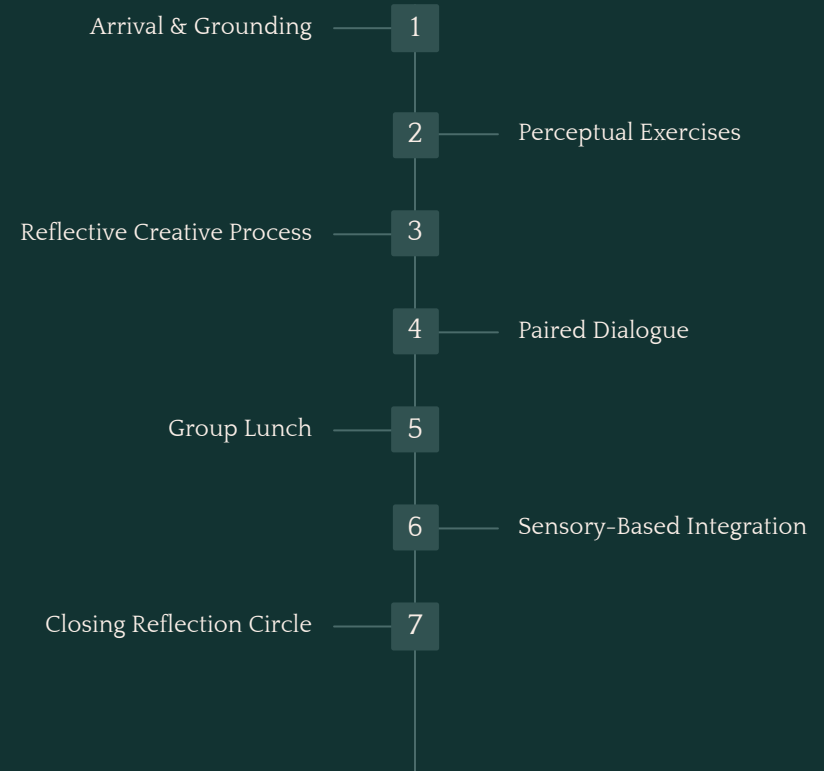
Participants


Ideal group size

## RETREAT OPTION 2

### Creative Well-Being Development Day

A full-day format combining reflective facilitation, creative exercises, mindful pauses, and a gentler way of exploring attention, communication, and shared presence. Works beautifully for a team day, but can also be offered to mixed groups, communities, or open-enrolment participants.



 Flexible and often shaped around the room, the group, and the reason people are gathering. Can be held in a studio, gallery, hotel, or retreat setting.

# Standalone Sessions & Thematic Offers

In addition to the formats above, Well Lane Studios offers a number of standalone sessions that can be booked individually, integrated into a wider program, or combined into custom days.



## Focus & Attention

Sessions exploring how fragmented attention shapes judgment, presence, and energy. Includes guided noticing practices, quiet observation exercises, and practical discussion around attention habits in contemporary work.



## Confidence & Self-Connection

Exploring confidence in a less performative and more grounded way – inner steadiness, congruence, and the ability to remain connected to oneself while speaking, leading, or contributing in a group.



## Strategic Thinking & Perception

Sessions helping people notice the assumptions, pacing, and interpretive habits through which they approach complexity. Uses image prompts, spatial exercises, or creative tasks to widen perspective before decisions.



## Sustainable Performance

Examining pace, recovery, pressure, internal noise, and the difference between productive intensity and chronic strain. Relevant for leaders managing demanding stakeholder environments.




## Listening & Human Communication

Focused on relational listening, presence, attunement, and the quality of contact inside conversations. Particularly useful when communication has become efficient but thin.



## Creative Reset Sessions

Guided collage, visual reflection, symbolic thinking, simple sensory exercises, or short meditative creative practices. Can be a standalone well-being activation or woven into broader learning contexts.

 Standalone sessions do not all have fixed durations or prices – they are adapted to the client, room, language, and event purpose. Shorter versions: 60–90 minutes. More spacious versions: half-day or full-day.



# Get in Touch


For enquiries, tailored proposals, and availability, reach out to Ella Lane directly. We are happy to discuss scope, format, travel, and pricing in a short conversation.


## Contact Details

### Ella Lane

Founder & Facilitator

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## Where We Work

Amsterdam and the Netherlands are our regular base. We also travel for selected projects:

Paris

EUR X travel fee

London

EUR X travel fee

Barcelona

EUR X travel fee

We also cover most of BeNeLux, the Nordics, and Milan. Other destinations are open to discussion depending on format, lead time, and project scope.

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LINKEDIN: WELLANESTUDIOS