

75-120 minutes

Up to 30 participants

LEARNING FROM NATURE'S BLUEPRINT

SESSIONS OF VITALITY · BIOMIMICRY

Two workshop experiences that use nature's intelligence, from mycelium to wolf packs, to reconnect individuals and teams with deeper ways of being and working.

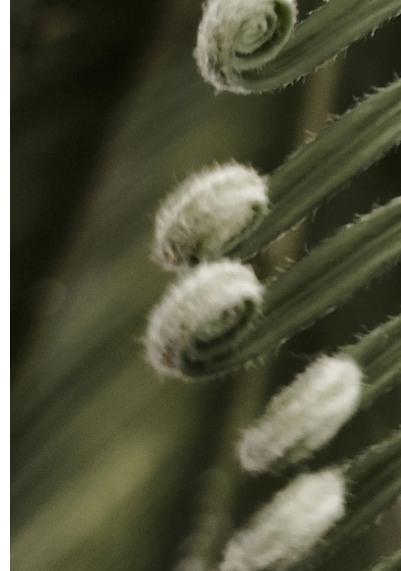
FACILITATED BY BEATRIZ BENTO · LISBON, PORTUGAL



Wellbeing

Creativity

Development



Duration
75 – 90 min

Group size
8 – 20 people

Format
Sensory + hands-on

Talking to the organism

A personal journey through nature's intelligence — observe, feel, and build something to take home.

- 1. Choose your organism**
Nature selection and sensorial anchor.
10 min
- 2. Deconstruct and mirror**
Map your organism and find personal resonance.
20 min
- 3. Immersive encounter**
A guided sensory experience places you inside your organism's world.
15 min
- 4. Build a tribute**
A physical translation of what was uncovered through nature.
30 min
- 5. Harvest circle**
Share of knowledge.
10 min

Each participant leaves with:
A handmade object + organism quality card



What ecosystem are we?

Team dynamics and culture decoded through nature's blueprints — and turned into a concrete 30-day experiment.

- 1. Nature's blueprints**
Explore nature's examples for collective organization.
15 min
- 2. Individual diagnosis**
Connect nature with your team's work. Identify patterns.
15 min
- 3. Small group deep dives**
Deconstruct the natural organism.
30 min
- 4. Design one experiment**
Ideate practical actions with nature.
25 min
- 5. Ecosystem map close**
Collective imagination of what the team's future can look like.
20 min

Each group leaves with:
Ecosystem map poster + 30-day experiment card

About the facilitator



Beatriz Bento

Lisbon-based facilitator and educator working at the intersection of biomimicry, design thinking, and regenerative learning. Co-teaches Design Thinking for Social Innovation at Nova School of Business and Economics, leads pedagogical programming at Nãm Mushrooms, and collaborates with Locals Approach, a co-design laboratory focused on collective intelligence.

Her workshops invite teams and individuals to learn from nature's 3.8-billion-year blueprint — exploring how organisms like mycelium networks, coral reefs, and wolf packs can illuminate the way we work, lead, and take care of ourselves. Sessions are hands-on, sensory, and grounded: part immersive experience, part practical toolkit.