



HOW DO YOU FEEL TODAY?

WORKSHOP

FOR EMOTIONAL WELLBEING AT WORKPLACE

WWW.FULYAMUFTUOGLU.COM

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LET'S MEET

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ABOUT

FULYA MUFTUOGLU

I am a Berlin-based multidisciplinary artist and designer.

Beyond my personal practice, I collaborate as a partner with Les Amis, to lead community-based art workshops; and work as a teaching artist with Interact English, to integrate creative expression into English language education.



WHY AM I DOING THIS?

BECAUSE **I BELIEVE
THE CREATIVE
MUSCLE
TRANSFORMS
PROBLEMS
INTO SOLUTIONS.**

Creativity is a survival skill; and we're unlearning it at work.

In most corporate settings, creativity is sidelined by assuming it's a talent. But, actually, it's not a talent. It's a mindset that increases problem-solving ability, emotional intelligence, and adaptability.

When practiced regularly, creativity becomes a muscle, ready to use when challenges arise.

WHAT CAN I DO FOR YOU?

INSPIRE

you elevate emotional
sustainability and self-
awareness in team
alignment

HELP

you stimulate creative
problem solving muscles
and “out of the box”
approach

GIVE

you a tool to strengthen
interpersonal
communication and
group cohesion

WORKSHOP FLOW

DESIGNED FOR EMOTIONAL AWARENESS



PART 1

CHECK-IN

This foundational moment encourages self-awareness and sets the tone for the emotional presence.



PART 2

UNDERSTANDING EMOTIONS

This segment uses “Robert Plutchik’s Theory of Basic Emotions” to ground the creative experience in theory and give context.



PART 3

CREATIVE PRACTICES

This practice demonstrates that emotions come and go; and when given space, they no longer sabotage us under stress.

PART 3

CREATIVE PRACTICES



HAND OPENING

VISUALIZATION

The act of visualizing emotions with color makes them tangible.

Something to observe, not suppress.



HEART OPENING

SELF REFLECTION

This practice fosters emotional ownership, and help reducing reactive stress in workplace dynamics.



MIND OPENING

METHOD DEVELOPMENT

By observing emotional shifts, participants learn to witness emotions without being hijacked by them.



WANT TO SEE SOME NUMBERS ?

**15+ SUCCESSFUL
EDITIONS IN 3 YEARS**

92 %

felt more aware of their emotions
and understood the importance
emotional stability

**200+ PARTICIPANTS
IN BERLIN**

88 %

reported increased creative
confidence on decision
making

WHAT DID THEY SAY?

VOICES FROM PARTICIPANTS

OZGE OZDEMIR AGCA

SR.MARKETING PROJECT MANAGER

22 YRS WORK EXPERIENCE

"This workshop helped me reconnect with myself and my creativity after feeling stuck in my head all day. Fulya created a warm, open space where everyone left feeling lighter and more inspired—both for work and life."

ECE OZEY

COMMUNITY OPERATIONS SPECIALIST

15 YRS WORK EXPERIENCE

"When I joined this workshop, I wasn't in the best mood. Through the creative exercise, I could channel that heavy energy into colors and shapes, and I left feeling lighter and calmer. It was a simple yet powerful way to reconnect with myself. I truly recommend it!"

FATMA TEKIN

FRONTEND ENGINEER

16 YRS WORK EXPERIENCE

"A very enjoyable workshop that surprised me with the outcome while connecting me further with my emotions as I observed them change throughout the process. Fulya creates a space that encourages creativity with mindfulness."

MARIE EBERHARD

JUNIOR SOCIAL MEDIA MANAGER

6 YRS WORK EXPERIENCE

"Fulya's workshop gave me the space to slow down and reconnect with myself. I discovered new ways to express my emotions, and it left me feeling lighter, more balanced, and more open to creative problem-solving at work."

EVI MINOU

DIGITAL LEARNING CONTENT CREATOR

11 YRS WORK EXPERIENCE

"Taking Fulya's workshop was a real turning point for me. As a creative, I'm used to juggling ideas and deadlines, but I didn't realize how much my emotions were affecting my productivity and flow at work. The workshop gave me practical tools to check in with myself, express emotions creatively, and reset my mindset. Since then, I've noticed I'm not only more focused and productive, but also more confident in problem-solving and collaborating with my team. It was a refreshing experience that continues to make a real difference in my daily work."



PRACTICAL DETAILS

DURATION

90 minutes
(Standart Session)

IDEAL GROUP SIZE

10 Participants

LOCATION

On-Site

SUPPLIES

Paper
Color pencils
Soft Pastels
Markers
Watercolor
Brushes

SPACE NEEDS

Quiet, open space for
seated activities



PRICING

Let's design the right package for your team!

FLEXIBLE FORMATS : TAILORED PRICING

Themed corporate retreats

Team development days

Ongoing wellness initiatives

*All packages include all materials planning, and facilitation.

THANK YOU

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