

ELEVATE YOUR TEAM'S FREQUENCY

W O R K S H O P

BY NATHALIE AYESHA TAPPIN





HI!

"I'm Nathalie Ayesha Tappin

and I've always felt a deep desire to help others, but I wanted to do so in an unconventional way. I've often envisioned myself moving through a room filled with people, inspiring them to freely express themselves and feel at ease, whether through conversation, movement or art."

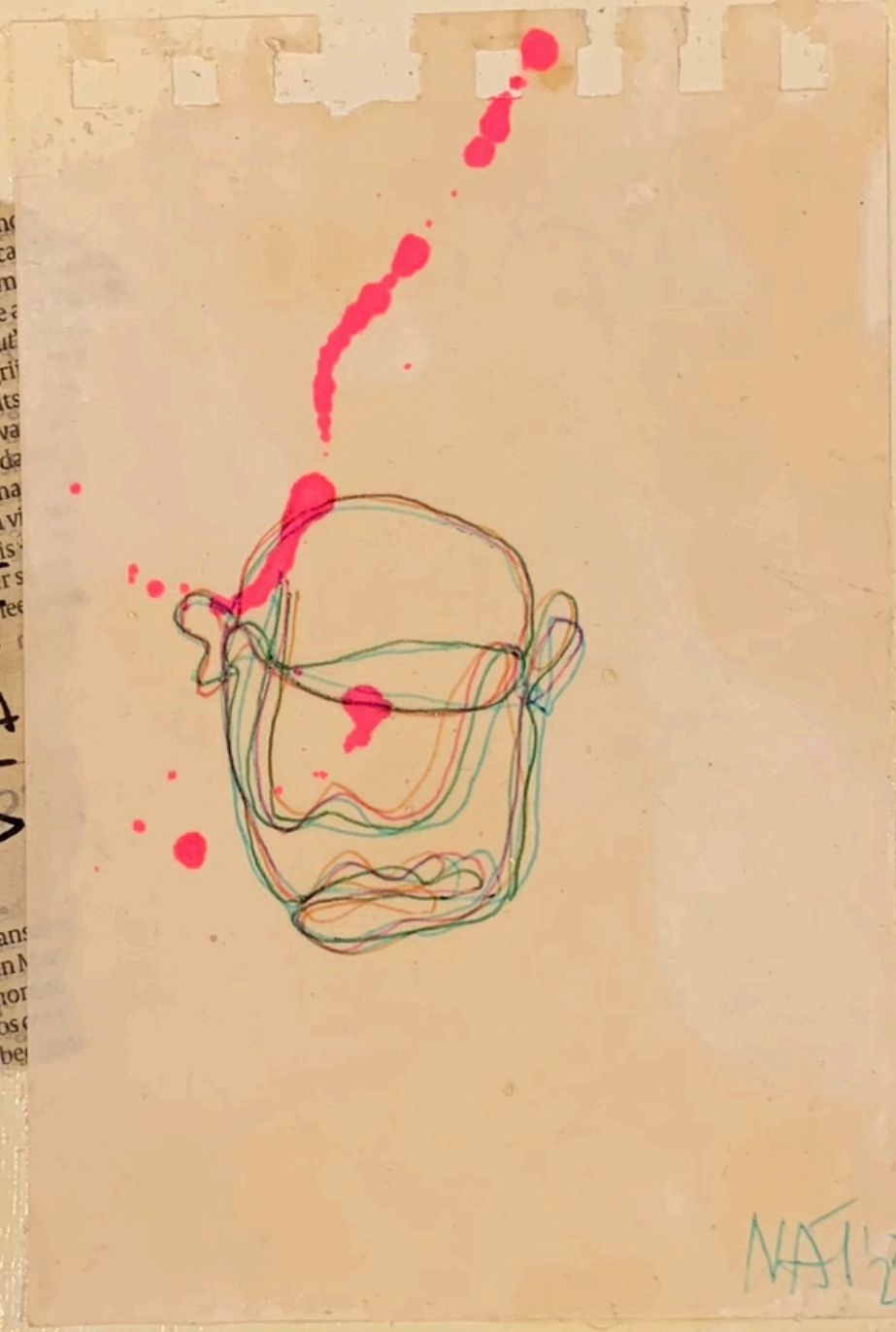


"I have been doing a lot of inner work, and it's an ongoing process. I wanted to find myself. For a long time, I felt I needed to be a certain type of person that fits into society, but I have always felt I don't fit the norm. On a daily basis, I would ask myself what makes me happy what gives me and other people energy and what can accelerate growth. For me that is guiding people.

When I am in a workshop, one thing is certain: I know for sure this is what I want to do."

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POSITIONALS VIBRATIONS



“During the years I've cultivated four guiding intention:
Heal, Create, Connect & Smile. These principles serve as my compass, guiding me as I
navigate through life and express myself authentically through my art and helping others.”



CHALLENGES

In today's fast-paced corporate world, teams often face different type of obstacles that can impact their growth and collaboration. Such as co-workers:

- who get triggered and don't feel safe to express themselves
- feel their energy is low don't feel motivated
- who have overall challenges in communication
- who struggle unleashing their creativity.

These challenges often loom large. While it's tempting to believe that resolving these issues is solely up to each individual to tackle on their own inner journey, is there perhaps a more collaborative path forward?



HEAL TOGETHER

..... is it possible to heal as a team together?
feel joy and connect with each other at a deeper level
Is it possible to elevate the frequency in the room together?

Yes it's possible!

Get set for a unique experience with the "Elevate Your Teams Frequency" workshop where we will heal, create, connect, and smile together.

This is a fun and transformative journey!



THE POWER OF..

During the workshop we connect with the power of visualization and practice some light breathing exercises.

We will explore the movement with our bodies with some uplifting songs.

During a session, I will ask: What do you wish to let go, both personally and as a team?
And what qualities do you aspire to cultivate? By simply elevating the energy in the room, we'll naturally gravitate toward those shared aspirations and create art that will symbolize your team's vision.

MORE BALANCE



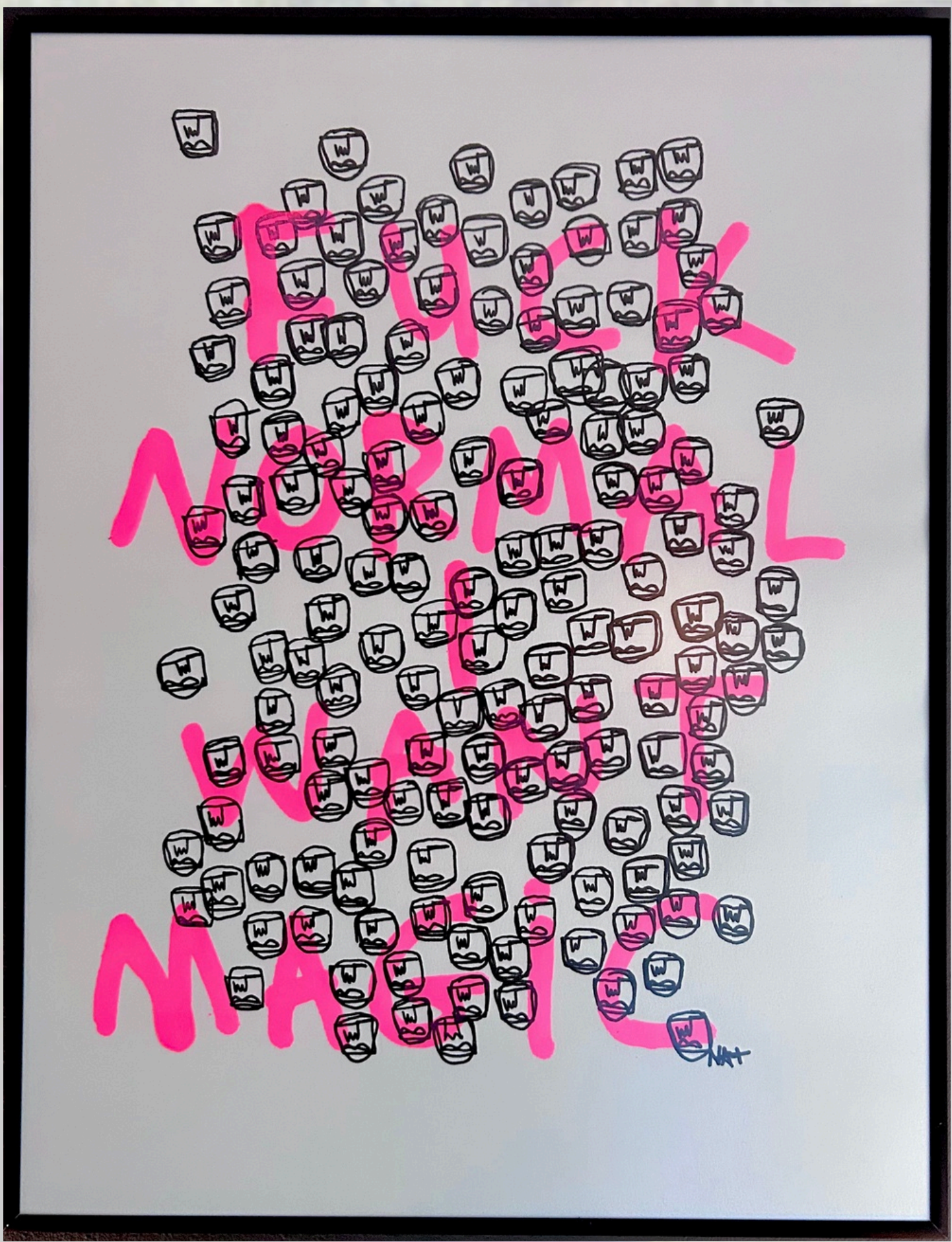
BENEFITS

By elevating the frequency in the room we can:

- heal together as a team
- foster fruitful collaboration
- unlock creativity

All these benefits as described above will boost the productivity and will elevate the company's turnover!





DETAILS

- Workshop group size: 5 to 15 individuals or separate groups (to ensure the workshop's effectiveness and positive atmosphere)
- Duration: 2.5 to 8 hours
- Location to be determined in consultation.
- Optional: delicious food provided as part of the arrangement (breakfast, lunch, dinner & snacks)
- All material to create art will be provided by me

Please keep in mind that I love to create tailored workshops to fit your company's needs, ensuring a perfect fit for you.

Please email or call me if you are interested in this unique workshop:

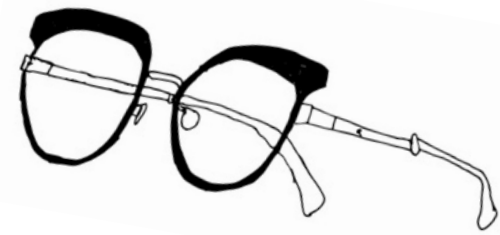
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Curious to see my artwork and read more about me?

Please visit my website: www.nathalietaffin.com



REVIEWS



“The workshop was amazing, it was a unique experience for me.
I love to dance and I love to create, the way you have combined these two together made
me feel thoroughly inspired.
Thank you so much for this wonderful gathering, can't wait to experience more of your
energy”

YASSMINE SADIQ

NEW PRODUCT DEVELOPMENT ENGINEER AT VLISCO

“I attended Nathalie’s Elevate Your Frequency workshop and I really enjoyed it. It was an immersive experience and journey. Starting with movement and meditation and then into a creative exercise. It was liberating and thought – provoking, the stories we each selected to express through the artwork. I highly recommend this workshop for a group or team building”

LISA THOMPSON

FOUNDER HER CAREER SPACE

“I was lucky enough to experience one of Nathalie’s workshop. She is an expert at getting people to feel comfortable exploring their ideas and creativity and creating a productive, safe atmosphere in a very short amount of time”

KECIA BENVENUTO

CONNECTIONS DIRECTOR AT FUTUREFACTOR

“Nathalie's workshop was amazing, I have been to many different workshops in my life but this one was so genuine, pure and beautiful. The layers of activities were very well thought out, she really gets you to release anything you are holding onto, get you back to your center before you get to express yourself creatively. I don't want to spoil the special attention to details, but she is overall also a very cool person, she has a fire within her swirled with a loving kindness with spiritual goddess energy.. Do yourself a favor and join one of her workshops as it will be nothing short of a great experience”

SABINE WINKEL

SPIRITUAL LIFE COACH AT WILDPROVOCATEUR

“Nathalie Tappin's Elevate Your Frequency workshop was a delightful surprise,
seamlessly blending creativity, mindfulness, and community.
For those exploring creativity, self-discovery, and positive intention, Nathalie's workshop
is a must-attend, leaving you with tangible art and a renewed sense of purpose”

STEPHANIE NUNEZ

ILLUSTRATOR

LET'S RAISE YOUR FREQUENCY!

and heal, create, connect and smile together.