

# WORKSHOP IDEAS

WWW.STEPHANIEKUNZLI.COM

FOR YOUR TEAM

## WINTER AND SPRING TRENDS

Unique ideas for  
you and your  
team

YES,  
YOU  
CAN  
PAINT

## CREATING

10 tips to give  
your team a nice  
refresh!

2026

## SKY ART PAINTINGS

Swiss Artist based in Basel

FEBRUARY  
2026

WORKSHOPS AND MORE BY STEPHANIE KÜNZLI YCAZA · INFO@STEPHANIEKUNZLI.COM



# Hi I'm Steph

## Art that connects

Through SKY Art Paintings, artist and educator Stephanie Künzli brings creativity into the workplace, inspiring teams to grow, connect, and rediscover the power of imagination.



# WHY ART

As an artist and art educator, I have always believed that creativity is one of the most powerful tools for connection, both with ourselves and with others.

Through SKY Art Paintings, I offer immersive art workshops designed to inspire, strengthen communication, and build meaningful relationships within teams and companies.

**My workshops go far beyond the act of painting.** They are about rediscovering creativity as a language of **trust, collaboration, and self-expression.** In today's fast-paced work environment, art provides a rare space to slow down, reflect, and connect, not through words or screens, but through color, emotion, and imagination.

In my studio participants are encouraged to experiment, to let go of perfection, and to explore new perspectives, often discovering unexpected strengths and deeper bonds with their colleagues in the process.

It's not about who paints best, but about what we can learn from one another when we create together.

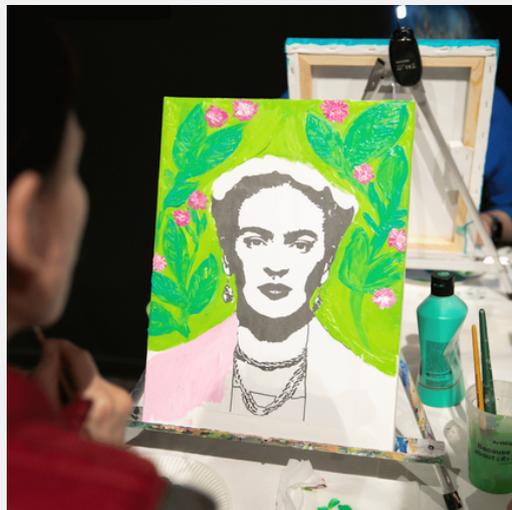
Each SKY Art Workshop is thoughtfully tailored to the company's goals: whether it's team building, leadership development, creative thinking, or simply celebrating together in a meaningful way. The sessions can be held in my art studio or directly on-site at your company.

By the end of each workshop, participants don't just leave with a collective artwork, they leave with renewed energy, a stronger sense of connection, and a reminder that creativity truly belongs to everyone.

If your company values innovation, collaboration, and emotional intelligence, then an SKY Art Workshop is the perfect way to bring these values to life.

**Let's create something unforgettable together.**





# Acrylic Painting Workshop “Inspired by Famous Artists”

## Info:

- Participants: max. 10, min. 4
- Location: Basel studio, outdoor, or at client's venue
- Duration: approx. 2-2.5 hours
- Included: All materials, drinks & creative atmosphere
- External studio rental possible: CHF 200.- (additional costs)

Price: CHF 85.- per person

Create your own artwork inspired by iconic styles such as Banksy, Keith Haring, or your personal favorite.

## Schedule:

- Introduction to simple acrylic techniques
- Choose an inspiring template
- Step-by-step guidance for implementation
- Highlight: Perfect for beginners - with guaranteed success and fun

**Do things at your own pace.  
Life's not a race.**

FEEL IT



# Intuitive Painting with Fingers & Brushes

## Info:

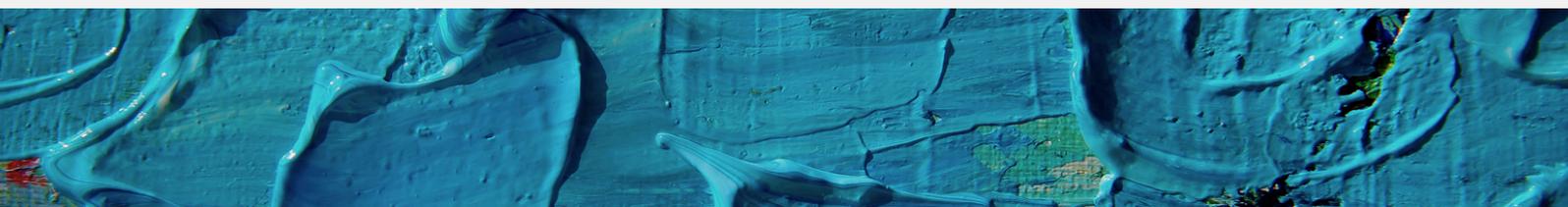
- Participants: max. 15, min. 6
- Location: Basel studio, outdoor, or at client's venue
- Duration: approx. 2 hours
- Included: All materials, drinks & creative atmosphere
- External studio rental possible: (additional costs)

Price: CHF 110.- per person

A creative flow with large paper formats, bold colors, and the freedom to paint with both hands and brushes.

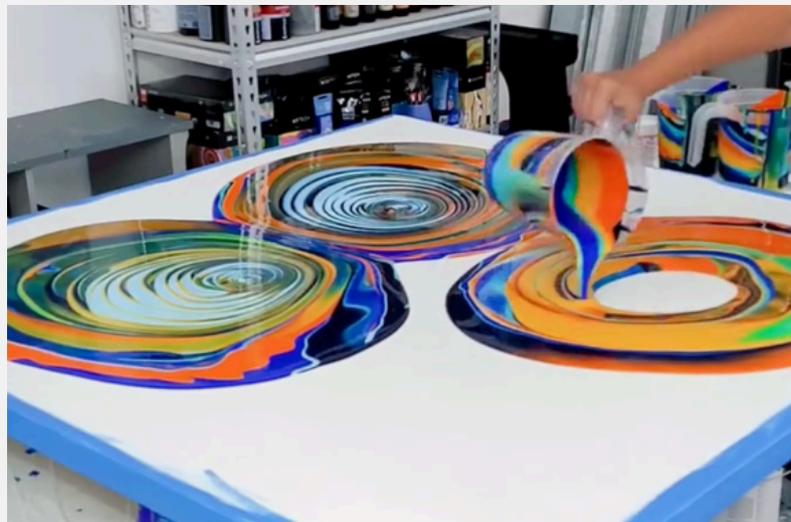
## Schedule:

- Short introduction to tools & techniques
- Free painting on large formats
- Colors, patterns, and shapes guided by intuition
- Highlight: Especially suitable for teams who want to unleash energy together





# Acrylic Pouring Workshop



## Info:

- Participants: max. 10, min. 5
- Location: Basel studio
- Duration: approx. 2-2.5 hours
- Included: All materials & drinks
- External studio rental possible: (additional costs)

Price: CHF 95.- per person

Create your own abstract painting on canvas using the acrylic pouring technique.

## Schedule:

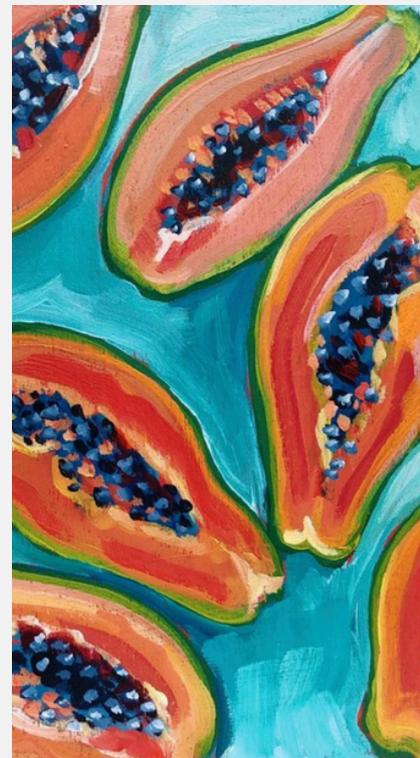
- Mix your own colors and prepare a pouring solution
- Pour the paint and create unique patterns through movement
- Relaxed, intuitive process
- Highlight: A medium canvas (approx. 40x50 cm)
- Paintings dry in the studio & are delivered to your home (free delivery within Basel-Stadt)

# LET IT GO

# Introduction to Oil Painting - Small Canvas

## Info:

- Participants: max. 10, min. 4
- Location: Basel studio, outdoor, or at client's venue
- Duration: approx. 2-2.5 hours
- Included: All materials, drinks & creative atmosphere
- External studio rental possible: (additional costs)



FOOOOOOD

Price: CHF 95.- per person

Discover the magic of oil painting: on a small canvas, with classic motifs and plenty of guidance.

## Schedule:

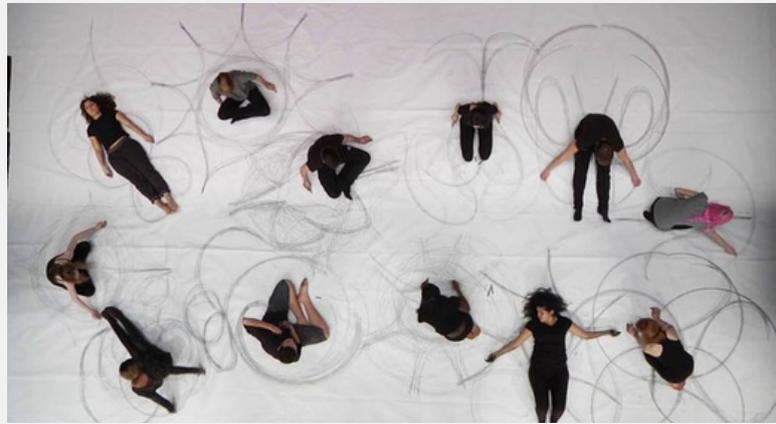
- Introduction to working with oil paints
- Color composition & brush techniques
- Painting a small still life or nature-inspired motif
- Highlight: A sensual experience for those who enjoy slow, meditative painting

What to bring: Your favorite fruit

# Abstract Art in Motion

## Info:

- Participants: Maximum 15 people, minimum 8 people
- Location: Basel studio, outdoor, or external studio possible
- Duration: Approx. 2 to 2.5 hours
- Included: All materials, drinks & a creative atmosphere
- External studio rental possible: (additional costs)



## DANCE

Price: CHF 120.- per person

Experience painting as a dynamic form of expression - with music, movement, and rhythmic intuition. This workshop is guided by both an art and dance instructor. Paintings can later be framed upon request (additional cost).

## Schedule:

- Short mental warm-up with music
- Different painting phases (5, 10, 15 minutes, etc.) with rhythmic drawing movements
- Use of colored pencils, oil pastels, acrylic paints, and more
- Personal artwork on high-quality paper (framing optional)
- Highlight: Perfect for letting go and discovering new creative energy

What to bring: Clothes that may get messy



# Intuitive Painting & Emotion Mapping

Price: CHF 85.- per person

In this workshop, participants paint freely, without rules or restrictions—using brushes or even their hands. Short reflection exercises help them connect with their emotions and translate them into color. The combination of intuitive painting and guided self-reflection encourages mindfulness, stress relief, and empathy within the team. Everyone experiences how creativity can release inner tension and strengthen bonds with colleagues. Perfect for teams aiming to deepen emotional intelligence and collective creativity.

## Schedule - Intuitive Painting & Emotion Mapping

- Welcome & Introduction (10-15 min.)
- Introduction of the artist, materials, and goals. Brief explanation of the intuitive painting approach.
- Reflection Impulse (10 min.)
- Small self-awareness exercises to prepare the connection between emotions and creative expression.
- Intuitive Painting (60-75 min.)
- Participants paint freely with brushes or hands, exploring how creativity reveals emotions and eases inner tension.
- Sharing & Reflection (15-20 min.)
- Presentation of artworks and group reflection on team dynamics, empathy, and emotional intelligence.

**Highlight:** Combines intuitive creativity with emotional reflection, strengthening mindfulness and personal connection within the team.

## Info:

- **Participants:** max. 10, min. 4
- **Location:** Basel studio, outdoor, or at client's venue
- **Duration:** approx. 2-3.5 hours
- **Included:** All materials, drinks & creative atmosphere
- **External studio rental possible:** (additional costs)



# ABSTRACT ART & WINE

## Info:

- Participants: max. 10, min. 4
- Location: Basel studio, outdoor, or at client's venue
- Duration: approx. 2-2.5 hours
- Included: All materials, drinks & creative atmosphere
- External studio rental possible: (additional costs)

Price: CHF 125.- per person

In this workshop, participants create abstract canvases together. Wine creates a relaxed and informal atmosphere that sparks creativity and team spirit. It's less about a "perfect painting" and more about exploring colors, shapes, and shared energy. The lighthearted setting encourages new ideas, teamwork, and exchange. Beyond the fun of painting, impressive, unique artworks emerge that reflect team culture and strengthen cohesion.

Schedule - Abstract Art & Wine

- Welcome & Introduction (10-15 min.)
- Artist's introduction, goals, and workshop overview.
- Materials & Inspiration (10 min.)
- Explanation of colors, techniques, and abstract approaches to spark ideas.
- Collaborative Painting (60 min.)
- Participants create abstract canvases while enjoying wine in a relaxed atmosphere. Focus is on creativity, energy, and fun.
- Sharing & Celebration (15-20 min.)
- Artworks are presented, discussed, and celebrated. Team dynamics and creative exchange are encouraged.

## Sharing & Celebration

Highlight: Combines creative painting with an inspiring, social atmosphere—ideal for playful and effective teambuilding.

# Portrait Drawing of Each Other (Blind Drawing)



## Info:

- Participants: max. 14, min. 6
- Location: Basel studio, outdoor, or at client's venue
- Duration: approx. 2-2.5 hours
- Included: All materials, drinks & creative atmosphere
- External studio rental possible: (additional costs)

Price: CHF 85.- per person

In this workshop, participants draw portraits of each other, without looking at the paper. This unusual setting sparks humor, trust, and a playful mood. The unexpected results create lively, authentic portraits that inspire laughter, surprise, and conversation. At the same time, the exercise strengthens nonverbal perception, empathy, and team communication. Also available remotely, digital or on tablets, making it interactive, connecting, and surprising.

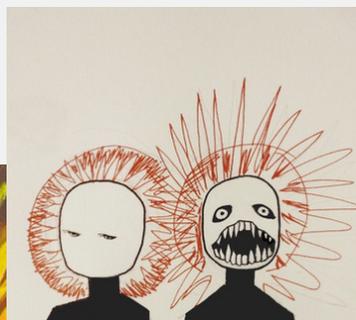
## Schedule - Blind Drawing Workshop

- Welcome & Introduction (10 min.)
- Explanation of the workshop structure and blind drawing technique.
- Blind Drawing Session (30-40 min.)
- Participants draw each other without looking. Playful, humorous results spark fun and connection.
- Sharing & Reflection (15-20 min.)
- Portraits are presented and discussed, encouraging laughter, empathy, and reflection on team communication.

Highlight: Can also be done remotely (digital or tablet-based), keeping the experience interactive and engaging.

# SO FUN

# BE BRAVE



# Inner Critic Workshop - Painting the Voice in Your Head

Price: CHF 95.- per person

This workshop focuses on the “inner critic”: participants paint thoughts, doubts, and beliefs that influence them daily. Through creative expression, blockages become visible and can be reflected upon. The goal is to strengthen resilience, build self-confidence, and develop constructive ways of handling inner criticism. Ideal for HR teams, leaders, and employees seeking to enhance resilience and leadership qualities.

## Schedule - Inner Critic Workshop

- Welcome & Introduction (15-20 min.)
- Introduction of the artist, goals, and materials. Explanation of how painting can visualize inner beliefs.
- Self-Reflection (15-20 min.)
- Guided prompts to reflect on personal doubts and inner voices.
- Creative Painting (45-60 min.)
- Participants express doubts or beliefs on canvas—abstract or symbolic—making the inner critic visible and workable.
- Sharing & Reflection (20-30 min.)
- Optional sharing of artworks and group discussion on new perspectives and strategies.
- Closing & Integration (10-15 min.)
- Summary of insights and practical takeaways for everyday life. Artworks serve as a reminder of resilience and strength.



## Info:

- Participants: max. 10, min. 4
- Location: Basel studio, outdoor, or at client's venue
- Duration: approx. 2-2.5 hours
- Included: All materials, drinks & creative atmosphere
- External studio rental possible: (additional costs)

# FLOWERS

## Info:

- Participants: max. 15, min. 6
- Location: Basel studio, outdoor, or at client's venue
- Duration: approx. 3-4 hours
- Included: All materials, drinks & creative atmosphere
- External studio rental possible: CHF 200.- (additional costs)



## Nature- Inspired Art (Plant Colors & Natural Materials)

Price: CHF 115.- per person

In this outdoor workshop, participants collect natural materials such as leaves, flowers, earth, or bark and transform them with plant-based colors and mixed media into unique artworks. The blend of nature, creativity, and teamwork fosters mindfulness, awareness, and inspiration. Working outdoors together not only creates original art but also valuable moments of slowing down, reflection, and connection. Perfect for teams seeking to combine nature, creativity, and shared experiences.

### Schedule - Nature-Inspired Art

- Welcome & Introduction (15-20 min.)
- Artist's introduction, workshop goals, and overview of materials and techniques.
- Exploring & Collecting (30-45 min.)
- Participants gather natural elements, practicing mindfulness and observation.
- Creative Process (60-75 min.)
- Use of collected materials with natural pigments and mixed media on paper or canvas.
- Sharing & Reflection (20-30 min.)
- Presentation of works, inspiration sharing, and team reflections.
- Closing & Documentation (10-15 min.)
- Wrap-up with takeaways, tips for daily creativity, and photographing artworks as memories.

Highlight: A unique fusion of art and nature that sparks creativity, mindfulness, and team bonding.

# Let's be creative with SKY Art Paintings



# MORE ART



Stephanie Künzli Ycaza  
SKY Art Paintings  
Swiss Artist based in Basel

E-Mail: [info@stephaniekuenzli.com](mailto:info@stephaniekuenzli.com)  
Telefon: +41 (0)79 595 99 90  
Webseite: [www.stephaniekuenzli.com](http://www.stephaniekuenzli.com)  
Instagram: [@sky.art.paintings](https://www.instagram.com/sky.art.paintings)