



# Teambuilding

Norishing your volunteers with  
**POTTERY**



# Show Your Appreciation & Strengthen Your Team with Subsidized Team Building

At Gdmc, we admire the vital work of nonprofits like yours and the dedication of your staff. We recognize that your team is the cornerstone of your organization's success, and we want to help you show your appreciation while strengthening those crucial bonds.

**Strengthen team bonds and boost morale with our subsidized team-building programs. These engaging programs foster collaboration and reinforce your shared mission.**

## Contact Us!



Invest in your team's well-being—it's an investment in your organization's success. A strong team is better equipped to achieve your goals. Contact us!  
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# Introduction

## **Nourish Yourself, Nourish Your Team: A Pottery Workshop for Self-Care and Connection**

In today's fast-paced world, where self-care often takes a back seat, our pottery teambuilding programme offers a unique opportunity to slow down, reflect, and nourish both body and mind. Just like volunteers take care of their client-patients, it's vital to prioritise taking care of ourselves first.





# Objectives

## The Art of Reflection

**Mindful Creation:**  
Participants will engage in the thoughtful process of crafting a pottery vessel that symbolizes their need for self-care. This vessel can serve as a morning cup for that essential coffee or tea ritual, or as a container for soul-nourishing food.

## Nurturing Growth

**Fostering Self-Awareness:**  
As individuals mould and shape their creations, they are encouraged to reflect on their personal needs. This act of creation fosters growth and enhances self-awareness, allowing participants to recognize the importance of self-care in their lives.

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# Examples of Vessels

Safe for Food. Dishwasher Safe.



**Thank you!**  
Feel free to approach us if  
you have any questions.

Let us know  
your needs here



Corporate Rates



Teambuilding Enquiry

STUDIO  
GDMC



Atelier  
GDMC

