



WILD PLAY LAB

SEPTEMBER 2022

Hi there!

What happens when you create a safe, fun space for people to embrace stepping outside their comfort zone?

Wild Play Lab was born in 2019 in Bristol, growing globally since. Our mission is to create the container for people to take a step beyond the everyday, and see what happens next.

Combining the benefits of meditation, drama, fitness and dance, Wild Play Lab participants are taken on an immersive experience through the use of guided facilitation and music.

The result? Energised and uplifted employees, empowered to think more creatively and to connect on a human level.

Wild Play Lab is a revolutionary new way to start the day, with glowing feedback from 1000's of people around the world.

Want to join in?





The Benefits



TEAM BUILDING

Improves team spirit & communication

Encourages connection & self compassion



CREATIVITY

Inspires self expression outside of comfort zone

Encourages thinking outside of the box and innovation



HEALTH

Energy boost to start the day

Release feel good hormones through cardio workout & movement



MINDFULNESS

Decreases stress levels through present moment awareness

Improves mental clarity & ability to focus

Did you know...



Post pandemic teams have become more separated and isolated than ever before.

Loneliness is a recognised epidemic in the UK so much so that there is a 'Minister of Loneliness'.

Approximately a third of employees report being dissatisfied and disengaged in their work.

CIPD - EMPLOYEE ENGAGEMENT AND MOTIVATION - 27 JAN 2021

As our society and workspaces become increasingly more digitalised, we are losing the social and interpersonal connection skills that are so vital for teams to grow and thrive.

In 2020/21 stress, depression or anxiety accounted for 50% of all work-related ill health cases.

HSE WORK-RELATED STRESS, ANXIETY OR DEPRESSION STATISTICS IN GREAT BRITAIN, 2021

The Power of Play...

'Play is fun! But it is anything but trivial. It is a basic biological drive as integral to our health as sleep or nutrition. When we play, we are open to possibilities, restorative activity - is the single most significant factor in determining success and happiness.'

- Dr Stuart Brown, Founder of National Institute for Play

'[...] studies have shown that playfulness in adults has robust relations with outcome variables such as intrinsic motivation (e.g., Amabile et al.1994), creativity and spontaneity (e.g., Barnett2007; Glynn & Webster 1992), positive attitudes towards the workplace or job satisfaction (Yu et al.2007), or academic achievement (Proyer2011) to name but a few.'

- René T. Proyer , University of Zurich

Why us?

Inclusive

No matter what age or fitness level

Tailored

We focus specifically on your company's culture and goals

Original

A unique concept that will surprise your employees

Easy

We come straight to you with all the equipment



Just some of our partners



Spike Island

Our Team



Dani Tonks

FOUNDER & FACILITATOR



Amir Giles

EVENT COORDINATOR



Hugh Cresswell

SOUND TECH



Ola Forman

FACILITATOR

Wild Play Lab packages

Retainer course

Working on different themes and creating lasting shifts in your office

One off team building

Ideal if your company is undergoing a restructure, or as part of an off-site programme

Corporate event

Christmas parties, staff wellbeing programmes, leaving parties; we're a good fit for your events



Want to play?

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THANK YOU