

ILHAM

MIND & MOTION STUDIO

Workplace Mindfulness & Creative Reset Programs

TRUSTED BY TEAMS WHO CARE



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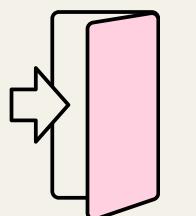
keeta



BEASTHOUSE

writers
in riyadh

THE WORKPLACE CHALLENGE TODAY:



Burnout & low energy reduce productivity and weakens problem solving.

Source: Corporate Adviser, *Productivity and the Cost of Poor Mental Health* (2024)

Mental fatigue affects focus and decision quality, especially in critical roles.

Source: El-Shafie et al., *Towards a Healthy Workplace Environment* (2024)

Lower morale & motivation impacts teamwork, communication, and loyalty to workplace.

Source: Alhomoud et al., *Prevalence and Factors Associated with Burnout – Saudi Arabia* (2024)

Burnout and poor mental health costs UK employers £51bn, where £1 invested in resolving burnout returned ~£4.70.

Source: Deloitte (2024)

IMPACT

When employees are mentally overloaded, their ability to think clearly, solve problems, and innovate declines.

Breathwork + mindful creative expression reset the nervous system.

1

During the workshop:

- Guided breathwork to regulate stress
- Mindful creative expression to slow thinking and restore focus

2

Post-Workshop Impact:

- Stress response downshifts
- Calmer nervous system and clearer thinking

3

Sustained Impact on Work:

- Clearer decision-making
- Calmer communication
- Stronger collaboration
- Better ideation

OUR SOLUTION:

Meditation & Creative Flow

Guided meditation to reset nervous system, soothe subconscious and regain focus.

Mindfulness exercises to manage stress and mental load.

Structured creative exercises to unlock ideas and insight.

WORKSHOP DELIVERY MODELS



OUR WORKSHOP FORMATS

REFLECT, SYMBOLISE & CREATE

Crafts inspired by internal insights

- Guided meditation to slow the pace and support clarity.
- Symbolism or creative writing surface ideas and insights.
- Followed by intuitive painting, crafting, or collaging.

Outcomes:

Clarity · perspective · alignment · calming

CREATE, PLAY & COLLABORATE

Game-based creative workshop

- Guided mindfulness exercise to focus.
- Participants engage in collaborative creative & artistic games.
- Emphasizes on collaboration, and shared idea-building.

Outcomes:

Engagement · focus · creative confidence · team connection

REFLECT, WRITE & MOVE

Meditation-led outdoor activity

- Guided meditation for grounding and mind–body awareness.
- Goal oriented-writing to capture purpose for activity.
- Light outdoors activity (e.g. walking, hiking, yoga, horse riding)

Outcomes:

Mental detox · adventurous · intentional · focus

OUR EXPERIENCE TIERS

CORE

Standard workshop.

- Duration: 2 hours
- Delivery: Onsite/In Office premises
- Attendees: 20-40 individuals

Ideal when:

Teams want a structured engagement session.

Investment

From 3,000 – 5,000 SAR

TAILORED

Customized workshop designed around your event or theme.

- Duration: 2-3 hours
- Delivery: Onsite/In Office premises
- Attendees: 20-40 individuals
- Theme: Of your choosing (Breast Cancer awareness, Saudi National Day)
- Agenda: Customized to your Theme

Ideal when:

Event is hosted - Mother's Day, National Day.

Investment

From 6,000 – 9,000 SAR

IMMERSIVE

Customizable, retreat-style experience.

- Duration: 3-6 hours
- Delivery: Offsite (of your preference)
- Attendees: 20-40 individuals
- Theme: Of your choosing (Annual Retreat, Ramadan Iftar)
- Agenda: Customized to your theme, includes outdoor activities of your choice.

Ideal when:

Organizations want a leadership retreat or offsite.

Investment

By proposal

OUR IMPACT = YOUR KPI's

Why Organizations Invest in These Experiences

Employee Wellbeing & Resilience

- Improved emotional regulation and stress management
- Support for sustainable focus and energy

Focus & Performance

- Clearer thinking and better decision-making
- Reduced reactivity under pressure

Engagement & Alignment

- Stronger team connection and communication
- Alignment around shared challenges and goals



ABOUT ELAF SHAH

Workplace Wellbeing & Creative Performance Consultant

- 8 years of Business Analysis & Digital Transformation experience.
- Worked across healthcare, insurance, fintech, consultancy, and real estate.
- Experience supporting corporate, startup, and governmental environments
- Applies mindfulness, Ayurveda, and somatic-based approaches, in a corporate-safe way, to support sustainable performance at work.

Delivered Experiences



The Reflective Canvas:

MEDITATIVE POETRY & PAINTING WORKSHOP



X
Elaf Shah

HOSTED AT



Keeia HQ
Riyadh

FORMAT:

- 2 hours
- 30 participants
- Customized Agenda

WHAT THEY WANTED:

A destressing, relaxing &
creative workshop

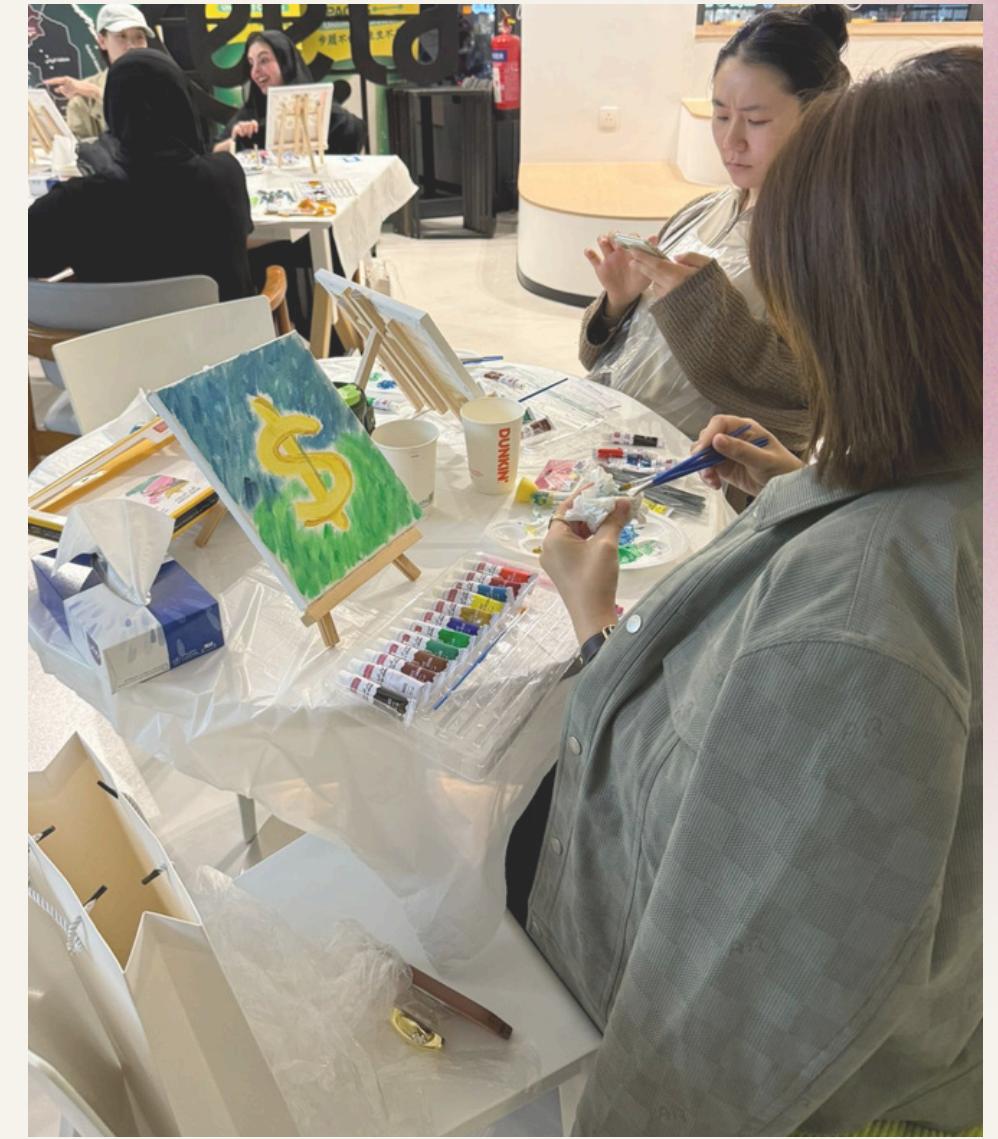
FEEDBACK:

- Participants reported feeling noticeably calmer, clearer & more focused after
- Teams highlighted improved engagement & collaboration



The Reflective Canvas:

MEDITATIVE POETRY & PAINTING WORKSHOP



Drawn from Within:

MEDITATIVE PAINTING WORKSHOP



X

HOSTED AT



Elaf Shah

FORMAT:

- 3 hours
- 35 participants
- Customized Theme

WHAT THEY

WANTED:

Workshop targeting mental wellbeing and creativity.

FEEDBACK:

- Participants experienced a noticeable shift from mental fatigue to creative clarity
- Many described the session as a supportive space to slow down and reflect during a period of burnout

Drawn from Within

Step into a sensory journey & experience the art of “spoken word painting”

📅 Wednesday 20th August

⌚ Doors open: 7pm

📍 Al Saqeefa

[sign up link in bio](#)



with Elaf Shah



Drawn from Within:

MEDITATIVE PAINTING WORKSHOP



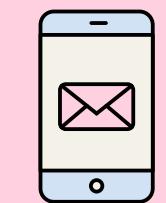
Get in Touch:

Whether you're planning a wellbeing initiative, a cultural event, or a leadership offsite, we'll shape the experience to fit your organization.

- **Book a 15-minute discovery call.**
- Or share your **event's theme, date** and **headcount**; we'll send a **proposal within 24 hours**.



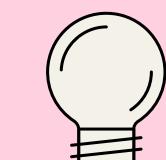
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