



FOR TEAMS, PEOPLE & WORKPLACE WELLBEING

Corporate Floral Wellbeing

Creative workshops that help teams pause, connect and flourish.

CREATIVITY • CONNECTION • WELLBEING

Beautiful flowers. Meaningful experiences.

Relaxed, hands-on floral sessions designed for staff wellbeing days, team building, rewards and meaningful time together. No previous floristry experience is needed.

Choose the setting that suits your team

At your workplace

We bring the flowers, materials and calm creative experience to you.

At a hired venue

A suitable local venue can be sourced and included in your tailored quote.

At Oak Farm

Combine floristry with nature, sauna, cold plunge or an optional Pilates session.

Delivered across Llanelli, Carmarthenshire and South Wales

Victoria Newman | Blossom to Bloom | www.blossomtobloom.wales

Why flowers and nature matter at work

A natural way to pause and reconnect

Working with flowers gives employees valuable time to step away from workplace pressures and reconnect with nature. Colour, texture and scent create a calming sensory experience, while the hands-on process encourages focus, creativity and a rewarding sense of achievement.

Creating side by side also supports relaxed conversation, stronger team relationships and a shared feeling of being valued.

● Pause & reset

A gentle change of pace that helps people slow down, focus on the present moment and return to work feeling refreshed.

● Focus & creativity

Hands-on making invites curiosity, fresh thinking and the confidence that comes from learning a new skill.

● Team connection

Conversation flows naturally while colleagues create together, away from screens, job titles and everyday routines.

● Feeling valued

A thoughtfully planned experience can lift morale and shows employees that time for their wellbeing genuinely matters.

A meaningful investment in

STAFF WELLBEING

MORALE

TEAM CONNECTION

CREATIVE CONFIDENCE

Everything is included

We arrive prepared, guide the workshop and leave the space tidy.

- Seasonal flowers, foliage and plant materials
- Container, wreath base or vessel for the chosen design
- Floristry sundries and decorative finishing touches
- Tools, aprons and protective table coverings
- Friendly guided tuition, set-up and clear-down
- A completed design for every participant to take home

GROUPS

8-16 people is ideal. The minimum booking value is based on 8 participants. Larger groups can be supported with an assistant or split sessions. Oak Farm private group experiences are designed for up to 10 people at one time.

Corporate workshop menu

All prices include flowers, materials, equipment, guided tuition, set-up and clear-down. Seasonal choices are tailored to your date and budget.

Petal Pause Posy

from £39 pp

60-75 minutes | minimum £390

A compact seasonal posy or jam-jar arrangement - perfect for a lunchtime wellbeing break or a gentle introduction to flowers.

Best for: staff appreciation, wellbeing weeks and shorter sessions.

Floral Reset

from £49 pp

90 minutes | minimum £392

A relaxed arrangement using seasonal flowers, foliage and a keepsake container, with time to create without feeling rushed.

Best for: calm team connection and mixed-experience groups.

Signature Hand-Tied Bouquet

from £59 pp

2 hours | minimum £472

Learn how to prepare, arrange, tie and wrap a beautiful seasonal bouquet using professional floristry techniques.

Best for: team rewards, celebrations and premium wellbeing events.

Seasonal Wreath or Centre

from £65 pp

2 hours | minimum £520

Choose a spring, living, autumn or festive design. Christmas door wreaths are available from £70 per person.

Best for: seasonal socials, Christmas events and annual traditions.

Dried Wall Hanging

from £60 pp

2 hours | minimum £480

Create a lasting botanical piece with dried grasses, seed heads and flowers in a warm, natural Blossom to Bloom style.

Best for: creative teams and an enduring desk or home display.

Team Floral Challenge

from £65 pp

2 hours | minimum £650

Small teams collaborate on a shared floral design before presenting their ideas - playful, creative and naturally conversation-led.

Best for: away days, leadership groups and collaborative team building.

Bespoke and regular programmes

Quarterly wellbeing sessions, funded programmes, larger groups and workshops tailored to a theme or company occasion are quoted individually.

Create your wellbeing day

Oak Farm private experiences

A peaceful rural setting in Pembrey for teams of up to 10. Packages are subject to venue and instructor availability.

The Floral Escape

from £69 pp | minimum package £620

Approx. 3 hours

- 90-minute seasonal floral wellbeing workshop
- Private use of the barn setting
- Tea, coffee or alcohol-free welcome drink and a sweet treat

Pilates add-on

from £150 per group

A qualified, insured instructor can be arranged for a 45-60 minute mat or chair-based session at Oak Farm, your workplace or a hired venue. Space, mats and accessibility needs are agreed in advance.

Creative Contrast

from £85 pp | minimum package £760

Approx. 3.5-4 hours | sauna and plunge optional

- 90-minute floral workshop and private barn space
- Private sauna and cold-plunge experience
- Alcohol-free refreshments; venue safety guidance applies

Travel & venue

- Travel within Llanelli is included.
- Outside Llanelli: £0.60 per mile for the return journey.
- Parking, tolls and hired venue costs are added at cost and agreed in advance.

The Full Team Reset

from £105 pp | minimum package £950

Approx. 4 hours | movement and contrast therapy optional

- Seasonal floral workshop
- 45-60 minute mat or chair Pilates session
- Private sauna/cold plunge; venue safety guidance applies

Booking made simple

- 1 Tell us your preferred date, location, group size and aims.
- 2 Receive a tailored written proposal and final price.
- 3 A 30% booking fee secures the date; final numbers and balance are due 14 days before.

Let's create something meaningful for your team

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