

The background is a watercolor illustration. On the left, a weathered wooden structure, possibly a bridge or a set of stairs, is rendered in shades of brown and tan. The right side of the image is dominated by a vibrant blue wash, with white and light blue streaks and splatters that create a sense of movement and depth. The overall style is artistic and textured.

Eric Aguilera

TEAM BUILDING DOSSIER



Since ancestral times, human beings have been obsessed with the urge to represent reality. Painting was a magical activity infused with rituals that have continued to the present day. The rituals created the community and the painting was the binding factor.



PERSONAL EXPERIENCE

After 20 years devoted to professional painting I have come to understand that every successful creation is born from the heart. Through painting I have developed the habit of listening to emotion which has enabled me to create with feeling.

I have discovered that fear kills any successful creation be it in art, the family or in a company.

ARTISTIC TEAM BUILDING

The basic aim of Artistic Team Building is to bring added value to the members of any team of individuals.

Using an innovative approach we propose a group project where art and creativity will lead to a stronger emotional bonding among the participants.

Through Artistic Team Building I want to share all the knowledge I have acquired in my profession as a painter.

Enric Aguilar



CORPORATE TEAM BUILDING

Team Building is the most commonly used means of drawing Company employees together in order to accomplish common objectives and promote collaborative group work.

Artistic Team Building is special because an emotional link is created between the employee and the Company through art and painting. For this reason, the activity starts off with a guided relaxation activity which contributes to a state of peace of mind in the participants. This peace of mind enables participants to awaken their creative passion. Emotion is the driving force which helps them overcome obstacles and day to day challenges both in their personal lives and in the workplace.

Every Artistic Team Building exercise is tailored to meet the personal needs of each work group and concludes with the presentation of the picture painted during the activity at the Company headquarters.

Work Schedule (outline):

- Meeting with the Company to organize the activity and identify the desired objectives to be developed in the work team.
- Selection of the initial sketch for the painting activity.
- Welcome, presentation of the activity to be worked on by all the members.
- Guided relaxation exercise for the whole group.
- Setting up of work groups.
- Emotional awareness raising and bonding with the Company (values).
- Painting starts accompanied by Enric with clear instructions using the previously prepared sketch.
- Coffee break.
- Guided team exercises to boost confidence, hand over leadership, always keeping in mind the specific needs of each work group.
- Completion of painting.
- End of activity.
- A few days later the fully completed picture will be handed over to the Company.



FAMILY TEAM BUILDING

The emotions that spring from our hearts as we create are simply amazing and the best way to experience these emotions is by sharing them with those we love the most.

Family Artistic Team Building is an activity specially designed to have fun painting and being creative with the whole family.

Enric Aguilar will guide you through this innovative project that will enable you to express your emotions and enjoy a unique experience. And you'll be able to re-live this wonderful experience every time you gaze at the work of art you produce.

Work schedule:

- Welcome with a small breakfast or afternoon snack.
- Guided relaxation activity to listen to your heart.
- Individual and family emotional involvement.
- Everyone starts painting a single and unique picture previously planned and agreed on by the family. Either figurative with specific motifs or abstract, using colours, textures, collage, graffiti etc. I will be on hand to help throughout the activity and the original sketch will have been prepared by myself beforehand.
- Short break.
- Resume painting.
- End of activity.



GROUP OF FRIENDS

TEAM BUILDING

Friendship is a feeling that joins people together. Friends are like a small family who accompany you through life.

Friends Artistic Team Building is an activity designed for you to have fun painting and sharing emotions with your friends.

For a birthday celebration or a farewell party or the simple pleasure of sharing a great moment with your friends, you will be able to produce a painting with all the creative freedom afforded by working in a professional art studio. Enric Aguilar will guide you through the activity – in his competent hands your creativity will know no bounds.

Deciding who gets to keep the painting, or whether you each take home a part, is up to you!

Work Schedule:

- Welcome with small breakfast or afternoon snack.
- Guided relaxation activity.
- Emotional awareness
- Reconocimientos emocionales.
- Everyone starts painting following clear instructions. The theme to be painted by the Group is decided and sketched out beforehand.
- Coffee break.
- Resume painting.
- End of activity.

