THE TALKING TREE : A RELAXING TIME

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Acting at our level: One workshop at a time, one action at a time, also for a better tomorrow.

MY HANDS MY TOOLS

WHO ARE WE?

My Hands My Tools offers your staff a **unique and restorative escape** from the stress of screens and intense work. Led by designer and anthropologist Vickie Frémont, we **merge art, Upcycling, and creativity** for a **moment of meaningful, active relaxation**.

Our approach is inspired by the **African philosophy Ubuntu**: "I am because we are." We use the spirit of **the Talking Tree** to host collaborative creation workshops that:

- **Strengthen Team Cohesion** (individual well-being feeds the collective).
- **Release Stress** through concrete, **hands-on creative action.**
- **Anchor Purpose and reinforce your company's ethical commitment**.

Offer a group wellness experience where art becomes a powerful lever for shared expression and collective responsibility.

Our Workshop

The Talking Tree: Communication and Collaboration

Target Audience: Designed for Corporate Teams and Leadership Groups seeking restorative wellness and cohesion.

Core Objectives:

- **Deep Disconnection:** Facilitate mental relief from daily pressures.
- **Team Cohesion:** Reinforce bonds through the Ubuntu principle ("I am because we are").
- **Ethical Engagement:** Offer tangible CSR value through Upcycling and hands-on creativity.

Methodology and Activities:

We use the spirit of the Talking Tree to guide the session's flow:

- **Ubuntu Dialogue:** Guided, proverb-inspired exchanges to build trust and open communication.
- **Active Disconnection:** Practical, tactile creation using recycled materials (Upcycling) to achieve a mindful flow state.
- **Collaborative Art Project:** Hands-on work designed to strengthen team bonds and shared purpose.
- **Showcasing Results:** A brief moment to share the finished art piece, recognizing collective effort.

Impact:

Reduces burnout and stress while fostering a cohesive, ethically aligned team culture rooted in shared purpose.

Our Proverbs

This list is just a starting point. We invite you to choose a proverb that best matches our workshops and speaks most clearly to your team's current journey.

- At the end of patience lies silence.
- He who sows the wind reaps the whirlwind.
- When you don't know where you're going, look where you've come from.
- It takes a village to raise a child.
- In any country you enter, conform to its customs
- You must judge a man by the work of his hands
- There is no beauty, but the beauty of action
- Listen to the whispers of your body, so as to not have to hear the screams of your body
- The earth has only one sun
- Many hands make light work

1. THE BASKET WORKSHOP

Upcycling as Meditation

THE BASKET WORKSHOP: Weaving connections through upcycling

Give a second life to the ordinary. In this workshop, we transform simple fruit baskets (strawberries, raspberries, etc.) into unique handcrafted pieces. By knotting a multitude of fabric strips onto the structure, you gradually create a textured pouch, finished with a hand-braided handle.

The “Talking Tree”

This is a repetitive, tactile exercise designed to soothe the mind. Once the rhythm is found, your hands take over, working instinctively. This sensory focus allows for complete mental relaxation, triggering an immediate “disconnect”; from daily stress. As the hands move, the mind lets go, naturally opening the floor for authentic conversation and spontaneous sharing among team members.

2. THE GRAFFITI WORKSHOP

Unleash Your Creative Signature

THE GRAFFITI WORKSHOP: Unleash your creative signature

How many of us walk through the streets without ever truly seeing the walls around us? This workshop invites you to change your perspective and become the artist of your own environment. The goal: to "tag" your name or a word that inspires you, then let your imagination run wild by sketching and adding vibrant patterns around it.

The "No-Fear" Approach:

No artistic skills required! We provide an exclusive "Graffiti Alphabet" created by a professional street artist to guide you. You will work like a true graffiti writer: the hand moves freely, there is no erasing, only transforming. It’s a principle of total freedom where every stroke is part of the process.

Corporate Benefits:

This workshop is both a creative challenge and a powerful stress-reliever. It encourages bold thinking, builds self-confidence, and allows team members to connect through a bold, colorful, and unconventional experience.

3. THE MOBILE WORKSHOP

The Art of Collective Balance

THE MOBILE WORKSHOP: The art of collective balance

Add a new dimension to everyday objects. Using recycled materials (cardboard tubes, old CDs, lightweight frames), this workshop invites participants to decorate and transform individual pieces to be integrated into an aerial structure.

From Individual to Collective:

The essence of this workshop lies in its modularity. While each team member starts by creating their own piece, the magic happens through conversation. A consensus often emerges, leading participants to combine their individual elements into one large-scale collective installation.

Corporate Benefits:

More than just a creative exercise, this workshop is a metaphor for interdependence and harmony. The final piece, once hung in a shared workspace or common area, serves as a powerful visual reminder of the team's ability to build balance together.

4. THE SELF-PORTRAIT WORKSHOP

The Art of Authentic Presence

The Self-Portrait workshop: The Art of Authentic Presence

This workshop offers a sanctuary for introspection, inviting employees to explore their identity through charcoal, pencil, and paint. Here, the focus shifts from aesthetic performance to a meaningful encounter with one's inner self. Within the quiet flow of creation or the shared space of the "Talking Tree", participants rediscover their own essence.

Key Benefits:

- **Self-Awareness:** Strengthening personal alignment and self-confidence.
- **Stress Reduction:** A tactile, "hands-on" meditation to quiet the analytical mind.
- **Emotional Intelligence:** Expressing feelings that are often difficult to verbalize.
- **Human Connection:** Fostering empathy by revealing the human being behind the professional mask.

5. MASKS & DIVERSITY WORKSHOP

An Imaginary Journey

MASKS & DIVERSITY WORKSHOP: An imaginary journey

A mask is more than just an object; it is an invitation to travel and a gateway to discovery. Using a papier-mâché base, participants create a mask inspired by a place they have visited, a culture they admire (such as Mexico or Africa), or a world entirely of their own making.

The Creative Approach:

We provide a vast array of materials—markers, fabric scraps, colored paper, beads, and various ornaments—to ensure there are no limits to self-expression. Each participant is free to tell a story, whether it is their own or that of a distant land.

Corporate Benefits:

This workshop celebrates the richness of diversity and open-mindedness. It offers a moment of intercultural sharing and an escape from the routine, while fostering curiosity and empathy among team members.

6. PUPPET MAKING WORKSHOP

From Mundane Objects to Extraordinary Figures

Puppets Making workshop: from Mundane objects, to Extraordinary Figures

This immersive workshop invites you to breathe life into a human-inspired puppet, exploring the interplay of volume, movement, and textile harmony.

Starting with a simple everyday object—**a clothes hanger**—reclaimed from its original purpose, we will construct an anthropomorphic soul. Through the art of draping and aesthetic codes inspired by the world of High Fashion, you will transform this structure into a unique character.

The Outcome: Beyond mere recycling, you will hold a true piece of art in your hands—a testament to your creativity that transcends its humble beginnings.

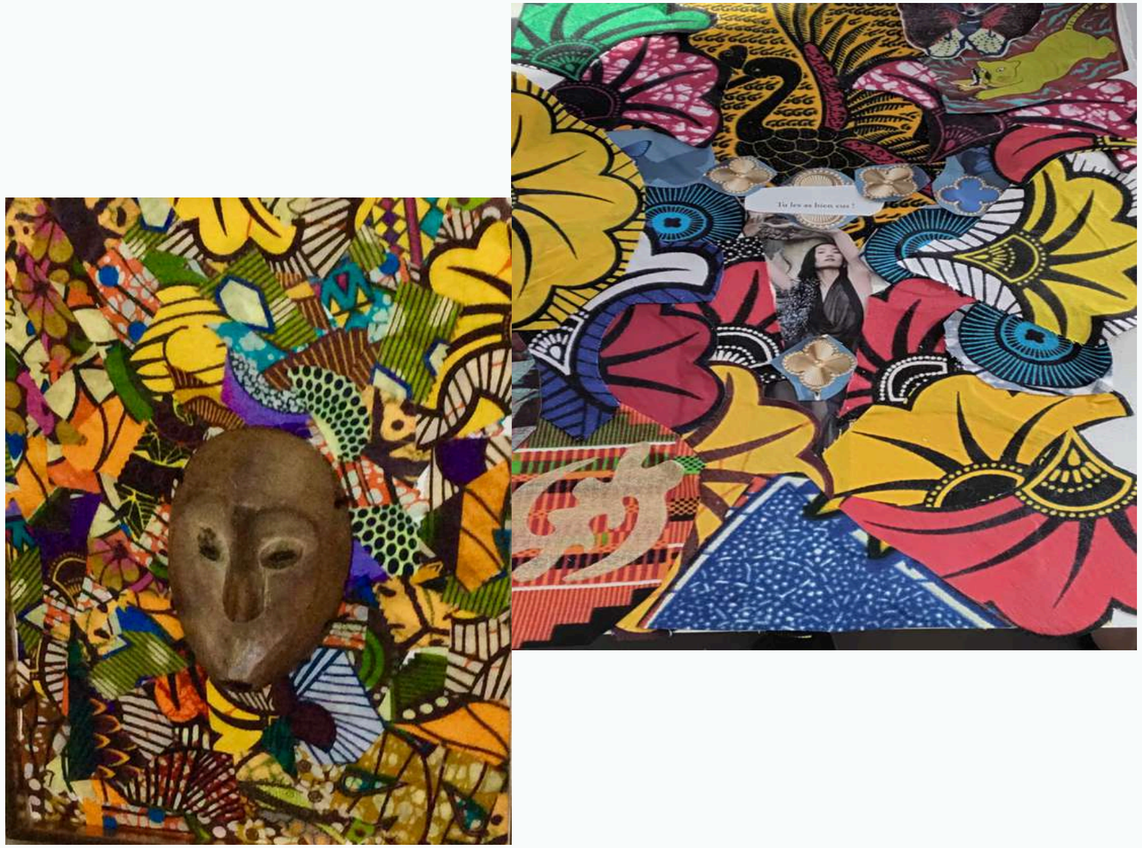
7. FABRIC ART WORKSHOP

Collage and the Language of Fibers

Fabric workshop: Collages and the Language of Fibers

This workshop focuses on the art of collage, utilizing a vibrant palette of 20 to 30 distinct African textiles. Fabric collage is a vital, living act; the interplay of fibers and colors creates a harmonic vibration that compels us to create. These textures offer such deep immersion that the hands begin to move with an intuitive grace, guided by the natural rhythm of the cloth.

The collection features iconic **West African Wax prints**, whose bold patterns are deeply rooted in local storytelling and ancestral proverbs.

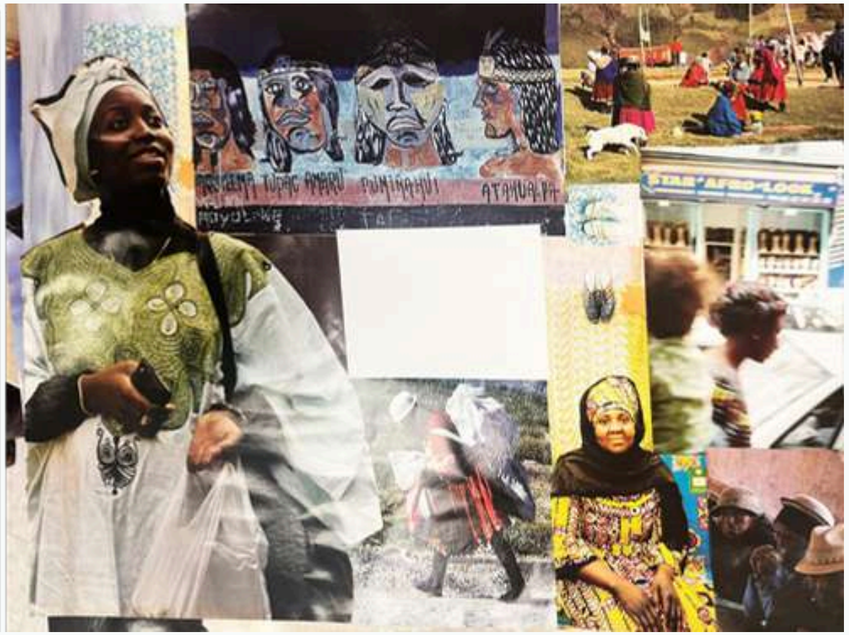


8. THE ART OF COLLAGE WORKSHOP

The Poetry of Assembly

Collage workshop: The Poetry of Assembly

A creative sanctuary away from the digital world.
Collage is the quintessential discipline for strengthening team bonds. Accessible to everyone, it requires no prior artistic training and encourages authentic dialogue through the power of visual metaphor.



Why choose this workshop for your team?

- **Foster Agility:** Learn to innovate with available resources, pivot around constraints, and discover creative solutions by breathing new life into vintage imagery and archival photographs.
- **Disconnect to Reconnect:** A tactile, meditative experience that promotes a "flow state" and significantly reduces stress, allowing the mind to recharge and refocus.
- **Creative Sovereignty:** An infinite playground for experimentation where shapes, colors, and textures converge to tell a new story.

9. MADAME CHIFFON WORKSHOP

The Metamorphosis of Plastic

Madame Chiffon workshop: The Metamorphosis of Plastic

From Mundane Object to Royal Destiny: Poetic Upcycling.

Once functional but now merely clutter, the plastic bottle is reclaimed here as a creative foundation. By merging this modest base with refined materials—delicate lace, knits, and textile scraps—you will sculpt a one-of-a-kind character.

Madame Chiffon comes to life in your hands, proving that art can transform any discarded item into a soulful masterpiece. This workshop is a perfect blend of CSR awareness and the personal pride of crafting beauty from the unexpected.

10. THE SUN MASK WORKSHOP

Your Positive Energy Face

The Sun Mask workshop: Your Positive Energy face

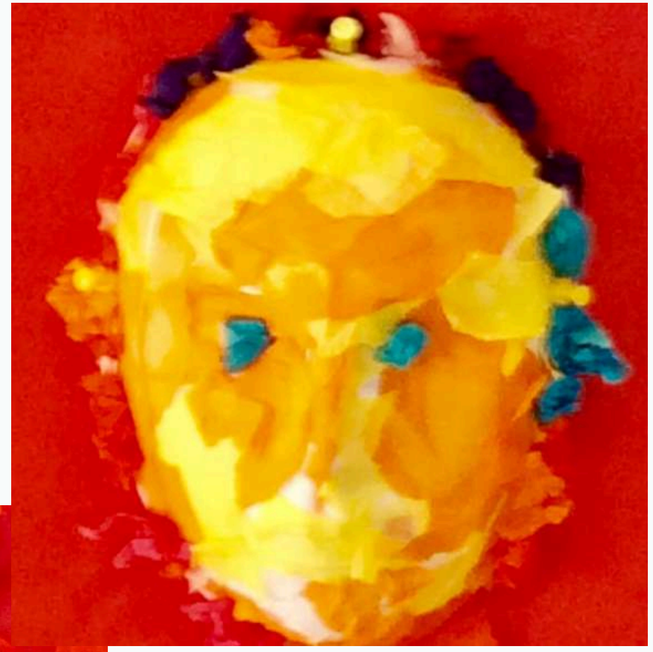
Which face do we show to the world? Between moments of relaxation and the pressures of daily life, our expressions shift. This workshop offers an inspiring metaphor: creating a "Sun Mask." This represents the face we choose to wear when we want to bring our best selves and radiate positive energy within the team.

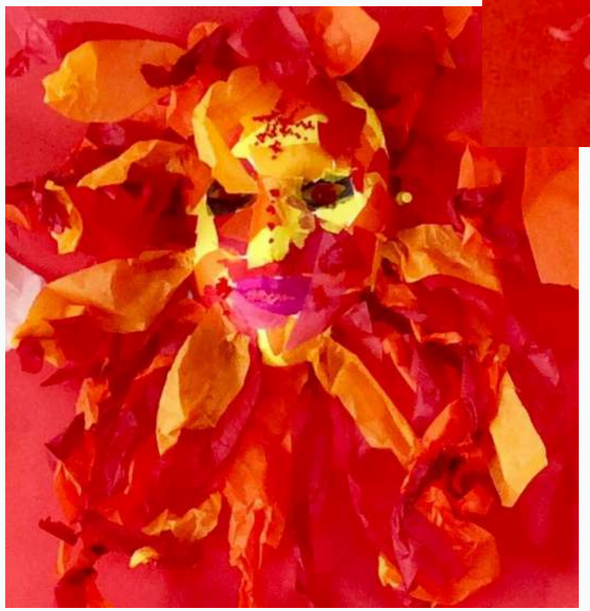
The Technique:

Using a cardboard base, participants work with the transparency and brilliance of colored silk paper (tissue paper). By layering textures and vibrant hues, they craft a luminous mask that symbolizes vitality and optimism.

Corporate Benefits:

A workshop focused on emotional intelligence and positive mindset. It helps team members become aware of their impact on others while cultivating an inner creative resource to approach collective challenges with a bright perspective.





The "Talking Tree":
Beyond the workshop, a lasting impact

Every piece created during the **“Talking Tree workshop”** serves as a testament to a vital moment of disconnection from daily stress and authentic reconnection with others. By transforming raw materials, your employees transform their perspective on themselves and their teammates. They leave not only with a unique handcrafted object but also with a sense of clarity and a strengthened team spirit.

Together, let’s bring art and dialogue to the heart of your corporate culture, fostering an environment where every hand, and every voice, truly matters.