

# BLUE NAAARTJIE

OUR **CITRUS SESSIONS** OFFERINGS



# WORKSHOP CITRUS SESSIONS

Squeeze out new skills and fresh thinking

## BRILLIANT TEAM

Peel back the layers of team dynamics. This session equips leaders (and aspiring ones) with tools beyond experience—think strategy, inspiration, and unity.

### ZESTY OUTCOMES

- Leadership Insight
- Team Empowerment
- Motivation

## CLASSIC FIREWALK

Feel the heat! Learn how fear affects decision-making, and then literally walk through it. A bold, unforgettable confidence boost.

### ZESTY OUTCOMES

- Courage
- Fear Mastery
- Breakthrough Energy

## COLLABORATION

Crack the code of team synergy with card-based games that test how well players strategize, support, and sync under pressure.

### ZESTY OUTCOMES

- Communication
- Strategic Thinking
- Fast-Paced Fun

## LET'S GO LEGO

Build, break, and banter. Using only Lego-style blocks and open-ended instructions, teams must decode the goal and construct under creative tension.

### ZESTY OUTCOMES

- Precision
- Collaboration
- Creative Conflict

## MAROONED

Stranded on a (pretend) island, your team must outwit, out-plan, and outlast using only your wits and some wild AV-supported challenges.

### ZESTY OUTCOMES

- Problem-Solving
- Leadership
- Survival Strategy

## SLACKLINING

Wobbly ropes, steady growth. Master the art of balance on this safe, guided tightrope to self-belief.

### ZESTY OUTCOMES

- Confidence
- Balance
- Determination

## JOINT EFFORT

Pull together—literally. This task-driven session reveals who leads, who listens, and how your team can sync to succeed.

### ZESTY OUTCOMES

- Unity
- Leadership
- Active Communication

## STAR GAZE

Eyes up! This stargazing session blends cosmic insights with telescope time and lighthearted discussion under the stars.

### ZESTY OUTCOMES

- Curiosity
- Wonder
- Shared Discovery

## STANDARD CITRUS SESSIONS

These juicy sessions combine strategy and storytelling to build confidence, resilience, and collaborative power.

Each of these vibrant sessions can be tailored to suit team goals:

- Brilliant Teams
- Diversity in the Workplace
- Leadership
- Overcoming Obstacles
- Self-Belief

### ZESTY OUTCOMES

- Empowerment
- Belonging
- Insightful Growth



# CREATIVE CORNER

## HUMAN CANVAS

Dive hands-first into this splashy group art experience where your team becomes the brush. Messy? Definitely. Memorable? Absolutely.

### ZESTY OUTCOMES

- Team Bonding
- Bold Expression
- Pure Fun

## PAINT & PAMPER

Soothe your soul with brush strokes and mini massages. This mellow combo of art and pampering brings serene self-care into the creative space.

### ZESTY OUTCOMES

- Relaxation
- Self-Love
- Gentle Creativity

## PAINT & PLAY

Drum up some colour! Beat paint-filled drums, splash a group canvas, and ride the rhythm of this exhilarating jam session.

### ZESTY OUTCOMES

- Rhythm
- Team Sync
- Joyful Chaos

## PAINT & STRETCH

Breathe, brush, and balance in this fusion of seated yoga and mindful painting—a refreshing session for mind, body, and canvas.

### ZESTY OUTCOMES

- Mindfulness
- Wellness
- Creative Flow

## TEKKIE PAINTING

Turn blank sneakers into bold, wearable art. Total freedom, total fun—and a one-of-a-kind pair to strut away in.

### ZESTY OUTCOMES

- Self-Expression
- Relaxation
- Take-Home Keepsake

## VINO CASSO

Sip and swirl while you paint the town red (and blue, and gold). Wine tasting meets canvas creation in this indulgent art soirée.

### ZESTY OUTCOMES

- Connection
- Sensory Delight
- Lighthearted Luxury



# CONTACT US TO BRING ZEST TO YOUR TEAM BUILDING.

