



B2B PROGRAM

ARTFUL CORPORATE EXPERIENCES

ARTKOM.BE



ARTS-BASED AND PERCEPTIVE CORPORATE COACHING FOR **SOCIAL SUSTAINABILITY**

ARTKOM.BE

EXPERIENCE THE ART OF REFLECTION

Create deep focus, connection and transformation for your team through the experience of making art, meditation, slow move and reflection.





WHY

Our Purpose and Belief

At ARTKOM, we believe in fostering social sustainability to create a **balanced and healthier world**. We are dedicated to improving the well-being of individuals and communities by integrating principles of focus, synergy, communication and visionary leadership. We strive to place people at the heart of corporate development, ensuring that our programs have a positive impact on both personal growth and organizational culture.





HOW

Our Approach

We achieve this through arts-based and embodied corporate development. Our unique approach combines therapeutic art making, fascia therapy, mindfulness, slow move sessions, and resonant listening to engage the whole person—mind, body, and spirit. By integrating these creative and holistic methods, we help organizations develop more empathetic, innovative, and sustainable practices.

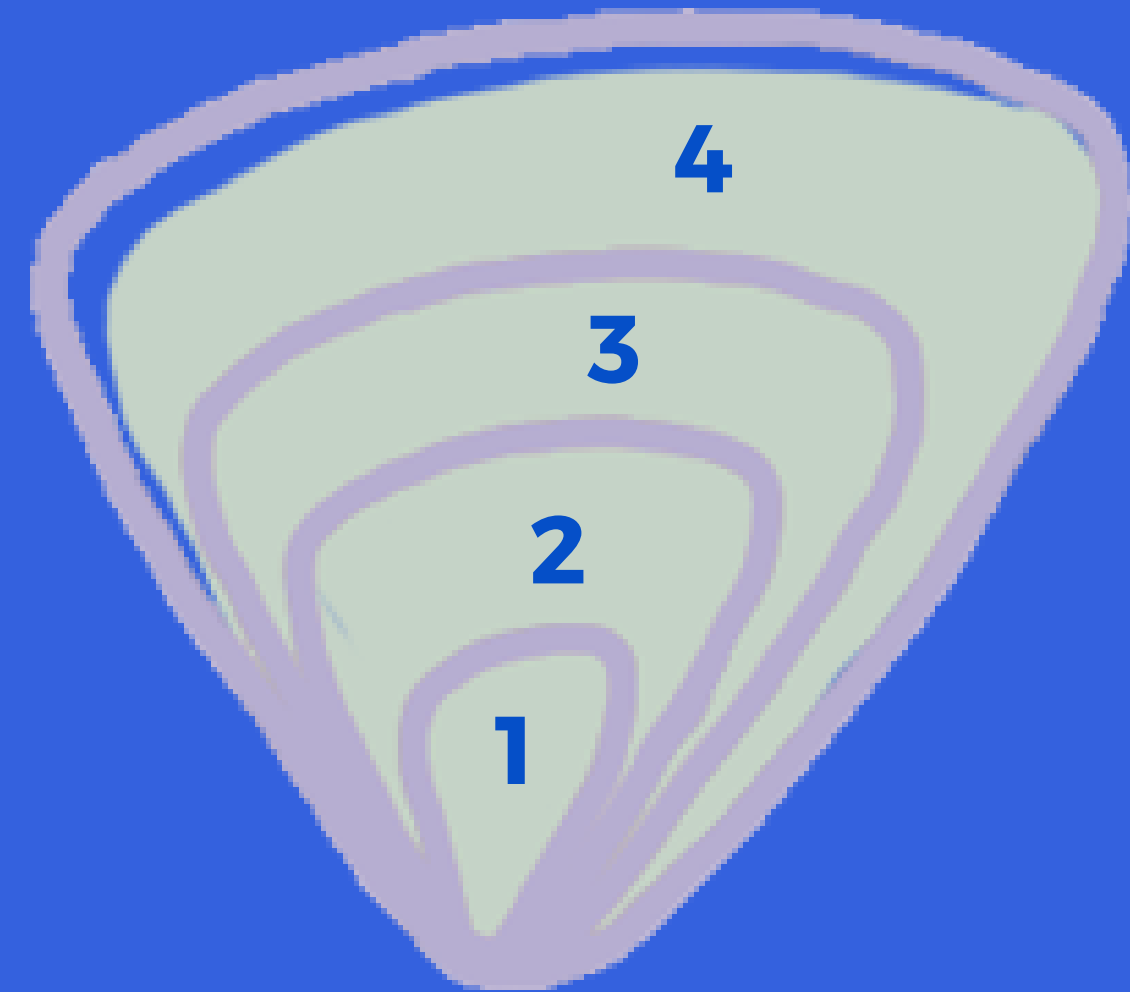




HOW Our Method

Our unique method can be visualized as a spiral or a set of rings, representing a growth pattern that begins at the center and expands outward.

Through this structured yet flexible approach, ARTKOM ensures that your organization not only thrives internally but also contributes positively to the wider corporate culture and society. Let us help you create a workplace where everyone can flourish, and your impact resonates far and wide.





Here's how our method unfolds:

- 1. Focus:** We begin by helping individuals and teams achieve mental clarity and focus, setting the foundation for all future growth.
 - 2. Synergy:** Next, we foster a sense of community and synergy within your organization, enhancing collaboration and mutual support.
 - 3. Communication:** We then guide participants in integrating APC concepts and mastering essential skills that are vital for personal and professional development.
 - 4. Visionary Leadership:** With a solid base, we work on expanding vision and facilitating transformative changes that align with your organization's goals.
- Look Alongs:** Our ongoing support programs ensure continuous growth and adaptation, tailored to your specific needs.



WHAT

Our Offerings

We offer a range of transformative experiences designed to enhance social sustainability:

- **Workshops:** Experience the present moment through neuroplasticity exercises for focus and synergy.
- **Retreats:** Experience the strength of immersive knowledge as an inner compass for communication and visionary leadership.
- **Look Alongs:** Containment as your partner in social sustainability through customized ongoing coaching tailored to meet the specific needs of your organization, fostering long-term growth and thrive with impact at heart.

Overview of ARTKOM Service Packages in 2024



Find our ready-made offers in tune with the specific needs of organizations. Choose your desired outcome or contact us for a tailored made offer.

FOCUS WORKSHOP

Duration: 90 min

What?:

- full presence meditation
- slow move
- blind drawing
- art riffing

Benefits:

- mental clarity & focus
- stress reduction
- creative boost
- enhanced proprioception
- personal well-being

SYNERGY WORKSHOP

Duration: 3 hours

What?:

- includes FOCUS WORKSHOP
- game of contribution
- team painting
- group movement
- reflections

Benefits:

- team synergy
- trusted team
- personal validation
- empowerment
- inclusion
- sense of community
- strengthened team dynamics

COMMUNICATION RETREAT

Duration: 1 Day

What?:

- includes SYNERGY WORKSHOP
- resonant listening
- visual thinking strategy
- enriching perspectives

Benefits:

- body intelligence
- understanding
- empathy

VISIONARY LEADERSHIP RETREAT

Duration: 2.5 Days

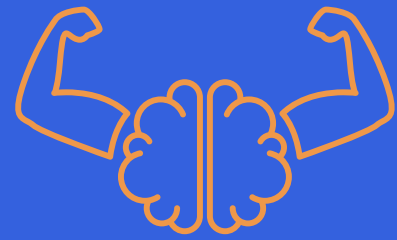
What?:

- includes COMMUNICATION RETREAT
- mentoring the leaders
- harvesting team values
- deep-dive in perceptive coaching
- narrative identity
- vision writing

Benefits:

- personal mission statement
- expanded organizational vision
- shared purpose
- antidote to presenteeism

APC COACHING



FOCUS WORKSHOP

Duration: 90 minutes

1 coach (NL/ENG)



We begin by helping individuals and teams achieve mental clarity and focus, setting the foundation for all future growth.

Benefits:

- mental clarity & focus
- stress reduction
- creative boost
- enhanced proprioception
- personal well-being

- **Price:** starting from €1250 up to 10 participants
- **Additional Participants:** €75 per extra participant
- Max. 15 participants
- **Customization Note:** Please contact us for a detailed quote tailored to your organization's requirements.

APC COACHING



SYNERGY WORKSHOP

Duration: 3 hours

2 coaches (NL/ENG)



Participants will engage in effective communication techniques, trust-building activities, and resonant listening, fostering a sense of community and improving team synergy.

Key Benefits:

- Foster a sense of community
- Build trust
- Improve communication
- Enhance team synergy
- Personalized Journal
- Team Artwork Canvas
- Gift bag

- **Base Price:** €2250 for up to 10 participants
- **Additional Participants:** €95 per extra participant
- **Max.** 15 participants
- **Customization Note:** Please contact us for a detailed quote tailored to your organization's requirements.

APC COACHING



Communication

Duration: 1 Day

2 coaches (NL/ENG)



This bespoke day program helps participants integrate new concepts and master essential skills to enhance social sustainability within the organization.

Key Benefits:

- Develop critical skills
- Integrate new concepts
- Drive social sustainability
- Personalized Journal
- Team Painting
- Guide
- Gift Bag

- **Starting Price:** €3,250 for up to 10 participants
- **Additional Participants:** €125 per extra participant
- **Max.** 15 participants
- **Customization Note:** Please contact us for a detailed quote tailored to your organization's requirements.

APC COACHING

Visionary Leadership Retreat

Duration: 2.5 Days

2 coaches (NL/ENG)

The Visionary Leadership Retreat includes all elements of previous packages and delves deeper into purpose and vision. Participants will explore their body and art as a compass and receive perceptive coaching as a team, leading to expansive organizational vision and transformative changes.

Key Benefits:

- Expand organizational vision
- Facilitate transformative changes
- Strengthen team dynamics

- **Starting Price:** €8,000 for up to 10 participants (2,5 days)
- **Additional Participants:** €500 per extra participant
- **Customization Note:** This retreat is highly customizable to align with your organization's vision and goals. Final pricing will depend on the specific details and requirements. Please reach out for a personalized quote.



APC COACHING



Look Alongs

Duration: Ongoing

Focus Area: Continuous Growth and Adaptation



Our "Look Alongs" program offers ongoing support tailored to your organization's specific needs. This long-term, adaptive partnership ensures continuous growth and skill development, fostering social sustainability and lasting impact.

Key Benefits:

- Ensure sustained growth
- Continuous skill development
- Lasting impact through customized support

- **Pricing:** Custom pricing based on the scope and duration of the ongoing support required. Please contact us to discuss your needs and receive a tailored proposal.

APC COACHING

Customization and Individual Focus

We understand that every company has unique needs. Therefore, our workshops can be tailored to fit specific corporate goals and preferences. We offer differentiated formats for teams and individuals to ensure that everyone benefits from the artful experience.

Personalized Themes

Tailor sessions to reflect the company's mission, vision, and core values.

Interactive Team-Building Exercises

Activities where team members contribute to a collective artwork, symbolizing unity and collaboration.

Reflective Discussions

Conduct post-activity discussions to share insights and reflections on creative processes and leadership strategies.



Meet our Team



Nicky Myny

Founder, Artist, Coach



@artkom.be



Annelies Bonneux

Fascia Therapist, Coach

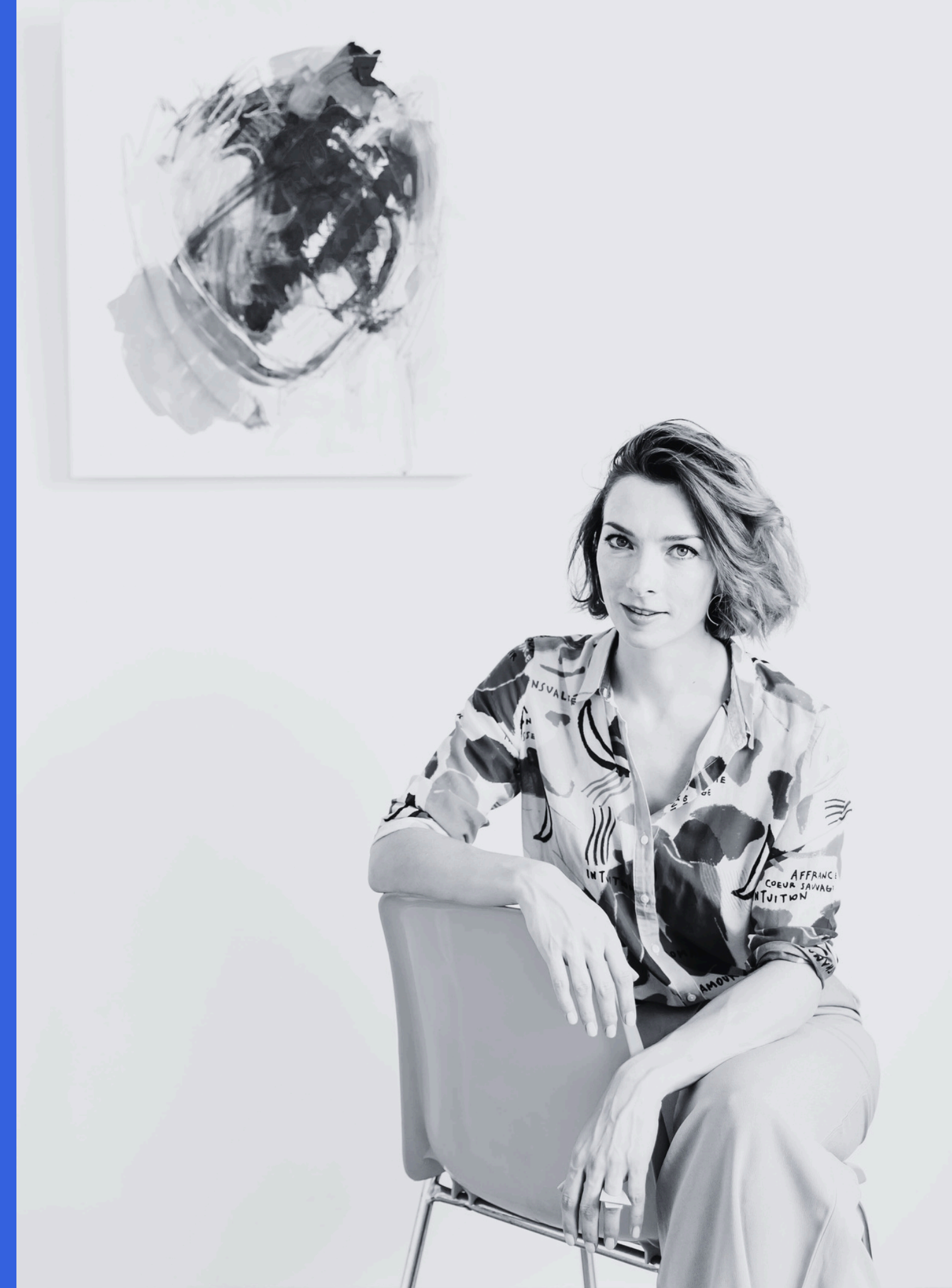


@praktijkbonheur.be

APC COACHING

Nicky Myny Bio

Nicky Myny is an internationally acclaimed artist and coach, known for her exceptional ability to inspire creativity and foster meaningful connections. With a rich background as the former Chief Creative Director and Artistic Facilitator across Canada, Slovenia, and England, Nicky brings a unique global perspective to her practice. Her dedication to mental well-being and professional excellence shines through in every coaching experience she crafts, celebrating creativity and uplifting individuals from Belgium to South-Africa.



APC COACHING

Nicky Myny Expertise

Nicky Myny's expertise is built on a rich and diverse background, combining rigorous academic training with extensive professional experience. Holding a Master of Arts degree, Nicky has dedicated her career to the intersection of art, pedagogy, and professional development.

Educational Background

Nicky is a trained and certified member of the Institut de Recherche en Sémiologie de l'Expression (IRSE) by Arno Stern in Paris. This specialized training in pedagogy underpins her unique approach to fostering creativity and self-expression.

Certified Coaching

As a trained Co-Active Coach by the International Coaching Federation (ICF), Nicky brings a professional coaching framework to her work. This certification ensures that her methods are grounded in proven coaching principles, enabling her to effectively support individuals and teams in achieving their fullest potential.

Professional Leadership

Nicky's role as the former Chief Creative Director and Artistic Facilitator at the World Economic Forum's SDG Tent for Unlocking Eve in Healthcare further highlights her leadership capabilities. In this capacity, she spearheaded initiatives that integrated creative processes into discussions on global health challenges, demonstrating the power of art to drive social change and innovation.

International Experience

Nicky's career spans multiple countries, including Belgium, Canada, Slovenia, and England and South-Africa. Her ability to navigate and thrive in various cultural contexts enriches her practice, allowing her to design inclusive and dynamic creative experiences.

By blending her academic credentials, certified coaching skills, and extensive international experience, Nicky Myny offers unparalleled expertise in promoting mental clarity, fostering creativity, and driving organizational growth.

APC COACHING

Annelies Bonneux Bio

As a purebred Protagonist, Annelies Bonneux feels called to serve a greater purpose in life. Thoughtful and idealistic, she strives to make a positive impact on others and the world around her. She rarely shies away from an opportunity to do the right thing, even when the opportunity is far from easy. Having grown up in a world of entrepreneurs, having worked at a European ecological center in France and being a former working partner at wooncoop in Ghent, she has experienced how crucial the mental health of people is for a company and an entire society. This gives her an enormous drive to help companies take steps forward.



APC COACHING

Annelies Expertise

Annelies Bonneux's knowledge background is focused on health. However, her work experience is much broader. She found herself in leadership roles such as coordinator, team leader, developer of new projects and department head from early childhood and was perceived as passionate, organized, strong in communication, courageous and fair.

Educational background

Annelies has a bachelor degree in hospital nursing and earned the highest distinction for anatomy in advanced training. She then started working as a nurse in the kidney dialysis department and meanwhile obtained the diploma in fasciatherapy somatology.

Specialization

She further specialized within fascia therapy as a somato psychopedagogue and perceptive coach and is affiliated with the focus group on trauma at the Fascia College. In her practice, she acts as an advocate for the body and teaches her patients to become experts of their own experience again, even if it is a painful experience. Her stability and neutrality within the work means that people soon discover for themselves what qualities they possess to overcome challenges. This approach often creates a hopeful and empowering paradigm shift.

Fascia therapy

Fasciatherapy is a revolutionary method for pain, stress, fatigue and trauma. It is a body-oriented form of therapy that starts from the movement of fascia, the connective tissue. The method has its origins in osteopathy and is a particular area of clinical interest within physical therapy. Fasciatherapy goes beyond a purely mechanical treatment of the fascia and produces effects on biological, physiological, psycho-emotional to even existential levels.

Leading Lady

Annelies has an exceptional sense of working with groups of people. Her natural way of speaking in front of a group, combined with her keen observation skills and thinking from potential, quickly create trust and gusto within the group. A necessary starting point for transformation and flourishing.

Annelies guides you through a rich world full of new experiences of your own internal world. From that unique experience of yourself, a clarity of thought emerges that is more like knowing. In other words, you will learn to read your own inner compass in a scientifically based way.



Contact and Customization Form

To facilitate a seamless booking process, we will gather detailed information about the team size, workshop preferences, and specific goals through our contact form. This helps us tailor the workshops to meet the client's exact needs.

Get in touch by email: team@artkom.be





THANK YOU

Nicky & Annelies