



## **SUMMARY OF ACTIVITIES**

**POWEROASIS** provides a refreshing and effective way to tap into one of the primary sources for professional achievement and personal zest for living: Human Creativity.

### Our Premise:



Creativity is the human power of innovation, granting us the ability to make new discoveries. It also helps us cope with unfamiliar challenges – and is the deciding factor for progress, invention and change. Neuro-scientific studies show that unusual and unconventional activities stimulate the brain and lead to higher capability. Furthermore, a brain in a “good mood” can perform better and respond to challenges quickly and more successfully.

Therefore, our motto is: ***Pleasure up your mind!***

### Our Goal:

To inspire and encourage individuals and entire teams to discover, develop and implement their creative potential, thus bringing added success in their professional and personal life.



### Our Services:

We offer a broad spectrum of programs from which you can choose - according to your professional and/ or individual interests and needs. This includes creative workshops, interactive events and creative coaching sessions, for example:

- Creative workshops for companies, institutions and organisations
- Exclusive workshops for Individuals, travellers and vacationers
- Interactive events for companies, institutions and private groups
- Creative coaching for executives and private individuals

### Our Approach:

We take an unconventional path by combining efficient methods and successful elements from painting and color therapy, coaching, marketing, and management. The use of unusual methods and media promotes and inspires new ways of thinking and approaches to challenges. Our customers and clients are encouraged to embrace their challenges through the integration of intellect, emotions and senses. The sensory experience with color, forms and materials awakens intuition, imagination and inspiration.



### What makes **POWEROASIS** different?

Our customers experience something other than a theoretical consulting program, motivational training, art class or therapy. In a hands-on and therefore highly effective and efficient manner our customers gain access to new perspectives and processes they can routinely implement. Our methods of imagery and visual expression enable our clients to freely articulate goals, motivations, and wishes, thus breaking through barriers. The results can be easily internalized and applied. Furthermore, we inspire and support individuals, professionals in business and society, as well as entire teams with defined targets or issues – so they can mobilize and apply their resources in an efficient and goal-oriented manner.



The **POWEROASIS** advantages are our commitment, creativity, connections, and unconventional approaches. Our methods of active engagement diverge significantly from the standard patterns of lectures, lessons or therapy. **POWEROASIS** works with the customer's entire personality: mind, emotion and senses. For true success and change, both mind and emotion must come together in harmony. To achieve this goal we combine in our workshops, events and coaching sessions various disciplines and techniques in a unique and flexible way. Our approach includes elements of:

- NLP (Neuro-lingual Programming), AI (Appreciate Inquiry), ZRM (Zuericher Ressourcen- Modell), Transaction Analysis, Eneagramm.
- Power, Mess, and Wellness Painting, Dialogue and Relationship Painting, Prospective Painting, Point Zero Painting, Experimental and Intuitive Painting.
- Association, Bisociation, Imagery, and Mind-mapping.
- International Team and Project Management; Change and Conflict Management; Brand-and Customer Management.
- Brand and Product Marketing, Relationship Marketing.

We provide professional competence and international experience from management, marketing, coaching, paint and color therapy as well as, a high regard for our customers. Our programs are applicable internationally and can be held in either German or English. We go where you are! Our programs are customized to take advantage of your location – be it a conference room, hotel, private home, ship, pool or other location. If you can imagine it, we can do it!

## Our Services for Companies, Institutions and Organizations

**POWEROASIS** customizes its services to your specific requirements- be it for workshops, events or coaching sessions. You and/or your team, partners and customers will work with a variety of materials, colors and instruments to release Inspirations, imagination, and energy. Working together in a creative environment improves teamwork, communication and soft skills. Individuals and whole teams are supported to overcome inner barriers as well as habitual thinking.



At the end of each workshop or event, Participants take with them, their collective results and experiences, as well as unique objects they have created and can be proud of.

### 1.Creative Workshops:

For corporate executives and employees:

- Teambuilding and start- ups
- Vision and Strategy Development
- Relationship Management
- Brand and Product Management
- Knowledge Management

For customers and business partners:

- Ideas for new product and service concepts
- Feedback on products and customer experiences
- Input for Marketing and Service projects
- Ideas for communication and promotion

Content, duration and location depend on the targets for the workshop as well as on the number of participants.

### 2.Interactive Events:



Companies and institutions use targeted events to inspire brand excitement in their audience. **POWEROASIS** offers interactive concepts engaging the senses and communicating your messages in an unique and memorable manner. Guests will be fascinated and enjoy the occasion and ambience they help create, be it in a conference room, restaurant, hotel, shopping mall, wine cellar, clubhouse, wellness center, or on board a ship.

The event takes on life in part through the form and color of the unique works created by the guests/participants which become a lasting keepsake. The integration of elements from your

Corporate Design creates a positive and lasting identification with your company and/or brands. Photo documentation as well as suggestions for leveraging the creations – such as an art opening, charity events, marketing campaigns – or in the shape of a book, a greetings card or a label are provided.

Exclusive, interactive live events for occasions such as:

- Brand and product introduction or opening parties
- Motivation and incentive events
- Company parties and anniversaries
- Summer parties and winter holiday parties
- Club and gourmet events
- Lifestyle, wellness and fitness events



Incorporate our unique offerings as an enrichment module within a larger event or carry out the whole event with our help.

### 3.Creative Coaching

**POWEROASIS** combines successful coaching approaches with efficient methods of visual and creative communication. Our coaching is focused on goals and solutions based on appreciation and building on existing strengths. You are given space, time and competent guidance for developing new ideas, approaches, a change of perspective, and your own experiences. We don't use theoretical discussions, complex checklists, multimedia and glitzy visual effects. The result: Our client optimizes his/her resources, not letting an inner brake and barriers waste their energy and time. There is an increase in performance level as an individual, leader, or as a team.

Individual Coaching for Executives, Freelancers and Entrepreneurs:

- Management and Leadership
- Career and Career Changes
- Work/Life Balance and Stress Management

Team Coaching for Executives and Project –Teams:

- Teambuilding and Development
- Company / Organization Development
- Project Management and Change Management
- Corporate Culture and Communication
- Vision and Strategy Development



## Our Workshops, Events and Coaching for Private Individuals:

Creativity and stamina are important success factors for implementing both professional and personal plans. This is especially true for leaders in business, society and family. Daily, you are challenged by tasks which compel you to demonstrate and develop your personal strengths and strategies. The energy investment is high – often with no chance to 'recharge your battery'.



**POWEROASIS** workshops and events stimulate, energize, and rejuvenate your creative resources in a lively and exciting way. The use of colors, shapes and materials awaken your intuition and inspiration. Unsuspected talents and latent potentials can be unleashed through our unconventional methods and competent guidance.

Our coaching promotes the development and implementation of your creative resources in both your professional and private lives.

### Workshops

Enable you to ...

- enhance your sensory perception and your ability to experience through the senses in a casual and relaxed environment
- express your thoughts and feelings in an unencumbered way
- let go of inner barriers and allow your imagination to surprise you
- enjoy good company, relaxing music, and tempting refreshments
- create a work of art that you can be proud of and take with you at the end of the day



You don't need any previous knowledge or artistic ability. You simply need to be prepared to rely upon your own creativity and spontaneity ..

### Examples of our workshops:

- Power- and Wellness Painting with lively moments and music
- After-work Painting to recuperate from work and stress
- Party Painting for Singles and Couples - with hot music and cool drinks
- Intuitive Painting with all senses.

These workshops are designed as creative “workout for the senses” and have a time frame from 3 to 4 hours.

### Interactive Events:

**POWEROASIS** can turn your next private party into a creative event that your guests will never forget: capture and preserve that special moment -- Celebrate with color.



Weddings, Birthdays, Anniversaries, or any other private function. Be it in a hotel, private home, wine cellar, clubhouse, or on board a ship: As host or as guest you lend a very personal and lasting touch to the event.

The guests use color and pictures to actively capture the event and atmosphere in a lively and informal manner. Feelings and fun translate into pictures and paintings touching the senses and transporting emotions. Each guest takes with them an original creation -- a unique reminder of the experience they shared.

### Creative Coaching:

Our coaching is meant for anyone who wants to make a positive change in their life. We offer creative methods, enabling you to recognize, utilize, and optimize your true potential.



Improve the quality of your decision making, focusing on those areas that really matter to you and increase your success, in all that you do.

Make room in your life for what makes you happy.

Learn to make optimal use of your resources and avoid wasting energy, time and money on internal and external barriers.

In this way, you gain more freedom for developing your personality which in turn means a higher quality of life.

Each one of us has an individual approach to tapping inner potentials and energies. Because of this our coaching concepts and approaches are always adapted to meet your specific needs and requirements.

Need examples of **POWEROASIS** in progress?

**PLEASURE UP YOUR FIRM – Q1GROUP LLC, ST. AUGUSTINE, FLORIDA, USA**

**You, me, and us in shapes and colors:** Trying to picture your firm in living color?



**POWEROASIS** works with Q1Group to see their firm in a new way. Imagine yourself as just colors and a shape made up of these colors. How will you fit in with the other firm shapes and colors? Well first, you'll need to get your own private colors, which may take a little thought – try using the colors of your name like Bart could be: Black, Azure, Red, and Taupe. Next add a bit of shape to your colors – maybe practice with a bit of tempera or acrylic.

Next connect with your colleagues. Join everyone on one HUGE canvas – find your space and add your shapes and colors. Next bring your creations together with the rest of the big picture – did you ever think your firm could be made up of so many unique shapes and colors and still look so cool?



**Challenges to Change:** We are all dealing with change and challenges to our work. What happens to your ideas if partners, co-workers, the boss, or even the customer adds their input and creates a challenge to your efforts? Well, here's how you can see how it works. First, get an idea of what type of painting you want to produce and then, before you are finished, share it with your partner. Let your partner quantitatively know how much of a challenge to your incomplete work you will tolerate. Does your partner make your work more perfect, or destroy your work? Did your partner understand what you meant about change tolerance? You then finish your work – no matter how it looks when you get it back. Did you end up creating something that you never imagined? Were you paralyzed by the changes to your work? So what would you do to your partners work? There was no mercy for some of the Q1Group!

**“Paint on the Water” Floating shapes and colors** – The members of Q1Group keep their heads above water and reach for the goal even as it seems to float just beyond reach. So



you've created the perfect work idea in a safe environment. How will you implement this idea as you brave into a totally new environment? Well, you better create a platform that can support your efforts – Q1Group members over engineered their floating artistic studios with boxes, balloons, plates, and staples. Next, the original paintings were reproduced, without touching the colors, platform, canvas or the bottom. Now, that pushes you for success in the face of natural adversity and change – just like everyday life.

### “Meet our Founder Marina Salland-Staib

Business and Professional clients want a coach with whom they can relate. Someone who has also experienced corporate life similar to what the clients themselves are facing.



**POWEROASIS** is based firmly in practical experience and applicable implementation of popular theories. In simple terms, Marina Salland-Staib has “been there and has done that”.

During her more than 20 years as executive manager with Mercedes Benz, she has negotiated with international partners, motivated national and international work teams, handled critical problems, and has successfully balanced her work and personal lives. She has the experience to understand the usability of her methods in the corporate environment. In addition, Marina Salland-Staib has a deep knowledge of customers and customer needs.

She established international customer relationship management at Mercedes Benz and direct sales with China. Moreover, she has international management knowledge including expertise in the areas of change management, marketing management, international knowledge management and business reengineering.

Adding mind and senses to the usual body & soul fitness programs. Marina Salland-Staib's education and training in Sinology, East-Asian Philosophy and Politics, holistic Asian therapies, creative coaching/paint therapy, marketing and management; provide her with a unique understanding of culture, society, and mentalities, as well as mind and the senses. Through this collaboration of disciplines, she creates a memorable and enjoyable experience for her customers.



**PowerOasis**  
**Marina Salland-Staib**  
**Zettachring 10**  
**D-70 567 Stuttgart, Germany**

**[www.poweroasis.biz](http://www.poweroasis.biz)**  
**[info@poweroasis.biz](mailto:info@poweroasis.biz)**  
**fon +49.(0)711 – 5 05 90 41**  
**mobile +49.(0) 170 – 8 59 56 35**  
**fax +49.(0) 711 – 5 05 90 32**