

PLANT THE CONVERSATION

Grow something that matters.

Mental Health Awareness Month is more than a moment — **it's a movement.** This **May**, invite your team to **plant the conversation** with a guided gardening experience that nurtures connection, resilience, and well-being.



ABOUT OUR EVENTS

Our interactive gardening experiences bring colleagues together, whether virtually or in-person, allowing them to cultivate something meaningful: connections, conversations, and care. Gardenuity For Business makes it easy; we will tailor a workshop to align with your goals, enabling you to focus on strengthening your connections while getting rooted in a healthy tomorrow.

Wellness Workshops

The Garden Effect: Gratitude + gardening are not just feel-good practices; they enhance happiness, purpose, and connections. In this workshop, you'll plant and explore the science behind gardening + gratitude and practical ways to weave it into your everyday routine.

Reframe Resilience: This workshop helps participants explore what resilience really looks like—messy, slow, beautiful—and how gardening offers a framework for reframing setbacks as opportunities for new growth.

The Ripple Effect of Gardening: Gardenuity is a catalyst for well-being. This workshop will give you practical advice on how to let nature nurture you—wherever you live, work, and play.

Food for Thought: Discover the ease of growing and harvesting your own nutrient-rich microgreens. Learn about their powerful impact on your brain health, mood, and overall well-being.

Solo: Explore the benefits of spending alone time in your garden. Plant a single-herb garden and discuss the mental health + wellness benefits of mindful moments.

To learn more, [get in touch with us here](#) or email corporatepartners@gardenuity.com