

## GROUNDWORK

At studio gram, great design starts with a solid foundation—and so does wellbeing. Groundwork is our commitment to cultivating a healthier, more balanced creative practice, starting from within.

Groundwork is a space for our team to pause, reset, and invest in themselves. No deadlines, no pressures—just moments to breathe, move, and reconnect. Groundwork is about making wellbeing a natural part of our studio culture. Because when we take care of ourselves, we create better, think clearer, and design with purpose.

In April 2025, our team stepped into their first session at PEAQ—a guided experience in breathwork, sauna, and contrast baths. A chance to reset, recharge, and set the tone for a culture where wellbeing is woven into the way we work.

This is just the beginning. Our vision for Groundwork extends beyond our studio walls. In the coming months, we'll be opening our space to the broader design industry—offering wellness sessions to the broader design industry.

While we are committed to funding this initiative, we recognise that the right partner could help us expand its reach and create a broader, lasting impact.

Our goal is simple: to make wellbeing a natural part of the creative process, not just at studio gram, but across the industry.

So, if you believe you're the right partner to help shape and grow Groundwork, we'd love to hear from you.

Please get in touch:

[hello@studio-gram.com.au](mailto:hello@studio-gram.com.au)

