

# THE Cooking Studio

FORT COLLINS

## **Virtual Teams and Workshops**

In a world where working from home has become normalized, eating well should be easy, right? Then why does it seem so hard? How do you recalibrate the flow of your day to include cooking and eating something beyond the old eat-at-your-desk peanut butter sandwich? You do it by learning simple cooking techniques from the pros.

In these virtual classes we teach your team simple cooking techniques, using fresh foods and uncomplicated ingredients. Your team will create delicious dishes made from scratch in their own kitchens. Everyone can cook, or people who aren't comfortable sharing their kitchen experience, can participate by watching and encouraging their colleagues.

### **Team Building: 2 – 12 people**

Our Professional Chef interactively guides your team through preparing delicious, fresh, home-cooked food. You'll see culinary tricks that Chefs use, watch as your team members navigate the menu from their own kitchen and share a meal (virtually) with your team as The Cooking Studio Chef signs off.

Price: \$350 for up to 12 people in this virtual team experience (1hr - 1.5 hrs session)

### **Workshops: up to 100 people**

In this breakout session, learn from an Executive Chef who understands the ROI of cooking. You'll discover how to get the most deliciousness for the least amount of effort.

A Professional Chef interactively guides 6 – 10 of your colleagues through preparing delicious, fresh, home-cooked food. You'll see culinary tricks that Chefs use, watch as ordinary cooks from your company try them out, learn from their mistakes, be able to ask questions about substitutions or equipment, and anyone in the workshop can follow along and cook from their own kitchen if they want.

Price: \$400 per workshop (1.5 hr session)

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