

# Experience the Ultimate Corporate Retreat

Team Building and Wellness Package



**Location:** Hotel Resort Corporate Partner Venue, in Calgary, Alberta

**Transform your team's dynamics and boost wellness with our all-inclusive corporate retreat.**

## Here's what awaits you:

- **Comfortable rooms, either single or double occupancy**

Enjoy restful nights in spacious accommodations designed for comfort, fostering a relaxed atmosphere for team bonding.

- **3 Delicious Meals per Day**

Indulge in a buffet-style breakfast, lunch, and dinner that nourishes both body and mind, promoting healthy eating habits and encouraging social

connections. Also enjoy a hearty breakfast before check-out, along with daily coffee, tea, and snacks, to keep your energy up.

- **Mid-Morning and Afternoon Coffee Breaks**

Recharge with your choice of freshly made assorted snacks during our coffee breaks, perfect for keeping morale high and stimulating casual conversations.

- **Meet and Greet Welcome Dinner with Charcuterie Board**

Kick off your retreat with a warm welcome and a delightful charcuterie spread, setting the stage for relationship building and camaraderie.

- **Daily Group Meditations**

Engage in guided meditations that promote relaxation and mental clarity, helping your team return to work refreshed and focused.

- **Group Yoga and Meditation Classes each morning**

Experience the benefits of increased blood circulation and stress relief with expert-led classes designed to harmonize body and mind.

- **1-60-Minute Relaxation Massage per Person**

Indulge in a soothing massage that alleviates tension and enhances well-being, enabling your team to unwind and rejuvenate.

- **Team Building Activity Workshop**

Participate in dynamic activities that foster cooperation, strengthen community bonds, and enhance interpersonal relationships.

- **Team Dynamics Workshop**

Learn effective communication strategies and collaboration techniques, trust, and conflict resolution that promote a healthier, more productive team environment.

- **Wellness Healing Workshop**

Explore methods for both individual and group healing, facilitating personal growth and collective support.

- **Nutrition Workshop**

Discover the principles of healthy living through nutrition, empowering your team to make informed dietary choices.

- **Self-Development Workshop with a take-home program.**

Engage in a workshop that encourages mental and emotional development, equipping team members with tools for personal and professional growth. During this workshop, you will also receive an in-depth, take-home, six-module self-development program: Discover your purpose, cultivate self-compassion and acceptance, gain tools for stress and anxiety relief, and embrace a mindset for success and growth.

- **Private Conference Room Each Day**

Utilize a dedicated conference room each day for the private team building and wellness workshops, enhancing focus and productivity in a comfortable environment.

- **Access to Hotel Amenities**

Enjoy on-site facilities such as the pool and gym, promoting wellness and relaxation during your downtime.

- **Airport Shuttle Service**

Enjoy convenient airport shuttle pick up and drop-off for your whole team.

## **Invest in Your Team's Future**

*Join us for a transformative retreat that not only strengthens team dynamics but also prioritizes wellness, ensuring your team returns recharged, resilient, and ready to thrive.*

