

In order to achieve wellness, balance and happiness in the workplace...

TEAM WELLNESS RETREAT DAY™

with Alexa Oliveri

A Team Wellness Retreat Day is an opportunity to be completely removed from the “normal” day to day.

To be immersed in new surroundings and a fresh environment.

...we must put action behind the words.

THE TEAM WILL EXPERIENCE:

Relaxation - techniques will be given to bring the art of relaxation into the workplace; during and after the retreat day

Unity - a safe space is created to work through conflict, to respect one another and recognize the gifts that each person brings forth; which contributes to the overall health/mission of the team and organization.

Trust - Greater trust found within the organization providing employees a work/life balance to enhance health and wellbeing.

Creativity - Through the various offerings, the team members will tap into their inner creativity and innovation; which will be brought into their roles in the workplace.

Connection - Deepening relationships with team members and leadership. Know one another on a personal level and see how that will positively impact the working space.

Explore - Encounter new practices, teachings and ways of working/being. This new experience will have an impact during the weeks and months to follow. It will be the catalyst to bring growth, fresh ideas and new revenue generating techniques into the workplace.



Alexa is the Wellness Retreat Leader. She is the Point of Contact during the planning phase, day of event and follow-up of event. Additional trained practitioners will provide the services listed below on the retreat day.

ALA CARTE OFFERINGS:

- Movement Through Yoga
- Tap into Creativity Through Art
- We Are All Making Music Together - Drumming Class
- See Nature As a Reflection - Nature Walks
- Let Go Of Technology - New Ideas Through Pen & Paper Journaling
- Remove Stress - Energy Healing For All
- Journey Through Imagination - Meditation and Breath Work Offering