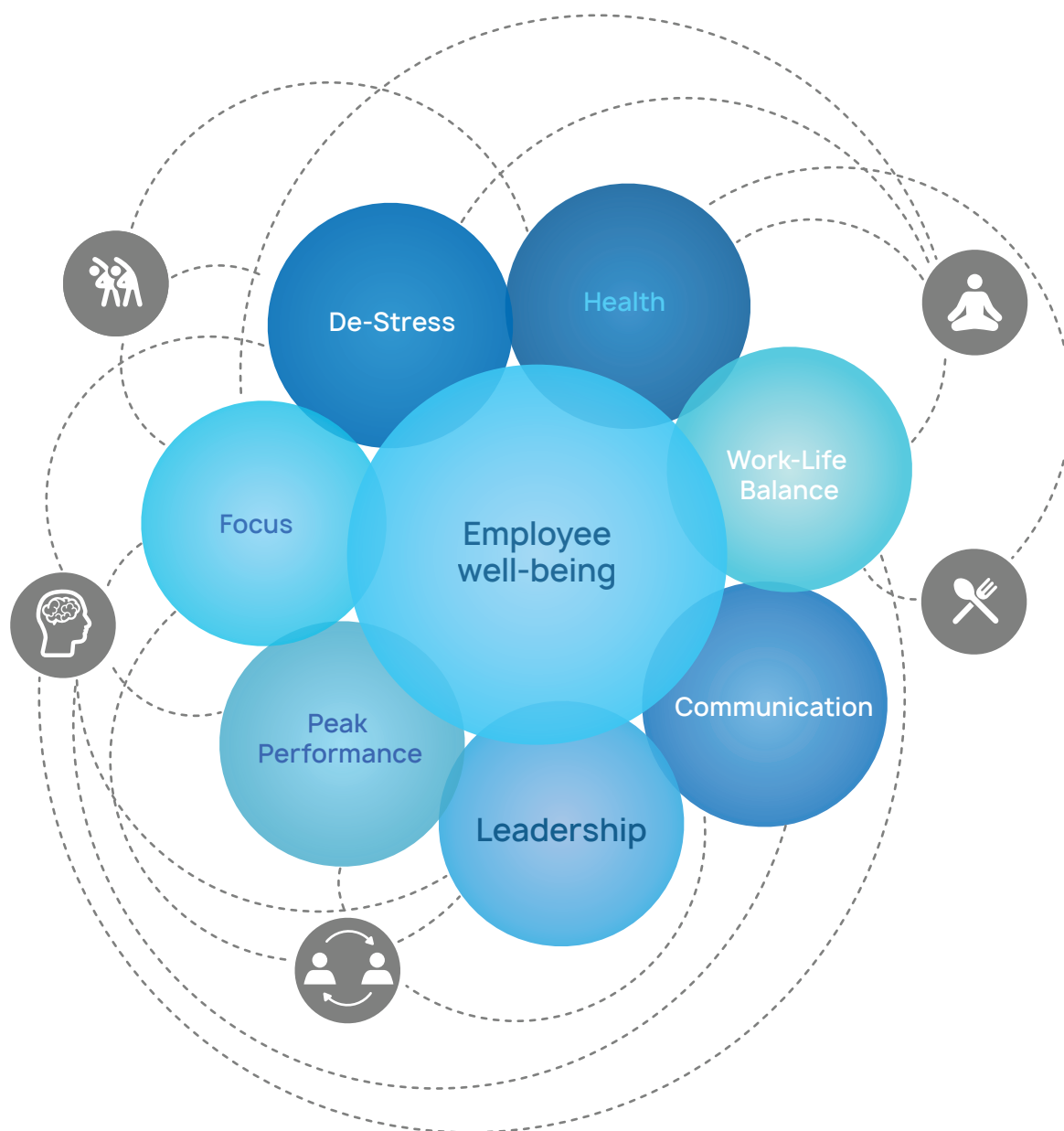


# ONE DAY BUSINESS RETREAT



Discover skills and practices to improve well-being and results in the workplace.



## THE GREATEST ASSET OF A COMPANY IN THE 21ST CENTURY IS ITS WORKFORCE

It is therefore essential that employers take proactive measures to develop and protect their employees, while promoting their physical and mental well-being. This can be challenging in a world where the pressures are greater than ever. A recent TNO report<sup>(1)</sup> highlights the increase in burn-out complaints and stress-related sick days in the Netherlands. But there are many practical measures that can be implemented to safe-guard employees well-being and improve conditions in the workplace.

'Inspired BYBAR Events & PR invites you and your staff to join a **ONE DAY RETREAT** - where you can explore various approaches to fully engage with employees, while improving their resilience, motivation, productivity and happiness at work. Experts in their fields will guide you in the many ways to reduce stress and anxiety in the workplace, and how to create the optimum environment for your staff to not just survive - but thrive!

# RECHARGE AND REVITALISE YOUR EMPLOYEES

**ONE DAY BUSINESS RETREAT** is a unique tailor-made experience where you choose the theme of the fully immersive day for your employees. Your team will learn skills that can be introduced into your everyday working processes, to create the best company environment imaginable. Most elements of the program are also available as stand-alone courses after this introduction day.



MINDFULNESS



TEAM WORK



EXERCISE



MEDITATION



NUTRITION

## THE PROGRAM ELEMENTS EXPLAINED:

**WORK-LIFE BALANCE** The UK Mental Health Foundation recognises that people who better manage their work-life balance essentially work 21% harder. This is backed up by OECD research<sup>(2)</sup> that identifies - working overly long days actually reduces productivity. We offer techniques to maintain a healthier balance between work and personal life.

**FOCUS** Improved focus through 'Attention Training', enables peak performance, builds trust in teams when practiced at work, and develops an agile mindset that can easily adapt to change. We will guide an interactive workshop that will demystifying mindfulness and share its multitude of benefits.

**DE-STRESS** Employees experiencing burn-out complaints rose to 16% in 2017<sup>(1)</sup>. Stress can have long-term effects on health and well-being and can eventually lead to the development of chronic illnesses. It is therefore vital to learn how to De-Stress. We will illustrate diverse methods to manage stress and to unwind.

**HEALTH** General health begins with regular exercise. It increases stamina, improves immunity to combat illnesses, and helps curb feelings of anxiety and depression. We will share various forms of exercise.

**PEAK PERFORMANCE** It is crucial to understand and elevate the potential of individuals. We help discover personal strengths and enhance Peak Performance through a sustainable, result-focused approach.

**LEADERSHIP** In our fast-changing world where insecurity and complexity are continuous drivers, alienation is a high risk. Taking responsibility through Personal Leadership is imperative. With a neuroscience basis, our masterclass offers insight into the conscious and unconscious triggers driving behaviour.

**COMMUNICATION** Good communication can increase morale, commitment, cooperation, team work and productivity in any aspect of life. We will demonstrate ways for everyone to feel heard and to be kept informed.

## CHOOSE YOUR PROGRAM THEME:

A typical one-day program runs from 9am-5pm and flows as follows:

- Welcome coffee/tea
- Introductory speaker - setting the theme
- Kick-start exercise with yoga at Spa Sport Hotel Zuiver
  - Mindfulness workshop by Mindfulbizz
  - Coffee/tea break & healthy snack
- Power breath session by IceCube events
  - Lunch healthy food buffet
- Interactive masterclass - your own Topic/Speaker
  - Smoothie break
  - Silent walk by Mindfulbizz
- Goodie bag & Zuiver Spa voucher

## OUR EXPERTS:

- **Leonie Stekelenburg & Meike van Tilburg of MINDFULBIZZ** Focus / High Performance / Team & Trust building / Silence walk in nature. People / Planet / Profit / Purpose
- **Ronald Smit, owner and instructor of IcecubeEvents** Off Line / De-stress / Mindset training: Power Breath, introduction of Wim Hof method
- **Myrthe Brinkmeyer, Yoga teacher State of Yoga Intro** yoga class or another sport activity like a Kick box clinic by a professional
- **Fleur Berkhout, nutritionist at Spa Sport Hotel Zuiver and Fysio Concept** Healthy food

## CHOOSE YOUR THEME & 1 GUEST SPEAKER:

- **Christian Kromme, Futurist & speaker Tedx / Author of Humanification. Go Digital, Stay Human** Fast world to adapt
- **Erik Smithuis, Owner & founder ICM opleidingen & trainingen, author and inspirator:** Positive organisation structure, team performance
- **Guy van Liemt, Director of Erasmus University Happiness Economic Research, author and SRM Marketing Communications Trainer** Happiness & Life purpose
- **Leonie Stekelenburg, Trainer / developer / change facilitator** Rebalancing / Vitality / Peak Performance / Building Team Trust
- **Mark Tigchelaar, Focus Expert/Neuro psychologist, speaker TEDx/Author 'Haal meer uit je hersenen'** Focus at work / efficient & productive
- **Manon Kerkhof, gynaecologist & founder of Women clinic Haarlem** Women issues at work
- **Mikkel Hofstee, Owner of Lifeguard, former ABN Banker, author Oermens 2.0** Mastering Vital Leadership
- **Tijn Touber, author / meditation teacher, columnist at Hapinez.nl** Autonomy of each co-worker / You are a Genius

(1) TNO, the Netherlands Organisation for applied scientific research: <https://www.nrc.nl/nieuws/2019/01/31/overvraagd-en-weinig-autonoom-a3652475>, for more facts and figures: [www.monitorar-beid.tno.nl](http://www.monitorar-beid.tno.nl)

(2) The mission of the Organisation for Economic Co-operation and Development: <http://www.oecdbetter-lifeindex.org/responses/>

### One Day 9-5pm:

10 people € 299 P.P.  
25 people € 249 P.P.  
50+ people € 199 P.P.

## Invest in the well-being and performance of your people.