

Benefits

- Enhances Employee's Health
- Benefits to staff are long term
- Creates better team spirit
- Uniqueness of program enhances the "down-time" experience for staff
- Guests will feel totally rejuvenated
- Increases productivity
- Enhances creativity & innovation
- Increases Staff Care
- Enhances Corporation's Reputation



Directors
Holistic Centre of Excellence
with
Anna Gibson-Steel CEO



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Corporate Retreats

Holistic Centre of Excellence

Wellness Retreats
A new approach to
Off-Site Events



www.holisticretreatsireland.com
061-381947

Holistic Corporate Retreat

We invite you on our 5 Star Holistic Corporate Retreat, a journey that guarantees to revive your Mind, Body & Spirit.

Our Retreats are specifically designed to be delivered at off-site five star locations anywhere in Ireland.

We recommend The Lodge at Doonbeg, recently voted the Best Resort in Europe by Conde Nast. Perched on the edge of the stunning Atlantic coastline with rolling waves and shifting sand dunes there is no better place to recuperate, relax and refresh.

Experience how we combine nature, unpretentious luxury, healing, knowledge with exquisite food, wine, ceol agus craic.

Unique to our Retreats

- 5 star locations
- Weekend to full week programs available
- International Speakers
- Individual Consultation for each guest to tailor a treatment plan specific to their requirements for the duration of their Retreat
- Program will facilitate a re-balance for the guest at all levels of body, mind and spirit.
- Organisation of add-on activities such as off-site visits to exclusive venues not accessible to the general public, golf, beach horse-back riding etc
- We can cater for groups of any size from 10 to 100.
- Flexibility to include partners of staff on the Retreat
- 5 star social events can be included to suit the Corporations budget
- Complete event management for every detail from start to finish
- Program managed on-site by Directors of the only Holistic Centre of Excellence in Ireland

Retreat Program Outline

- Consultation to identify specific requirements of your Corporation
- Presentation of proposed program-on location if required
- Option to organized a smaller "trial" Retreat for Management to experience first
- Provision of Professional Therapists and Equipment to deliver on-site stress reduction treatments
- International speakers to enlighten guests on the latest information in Mind/Body Medicine
- Add-on follow up Personal Wellness Program available on-line for busy executives that need the ability to access training from anywhere in the world
- Option to include an Energy Medicine Training Program into the schedule, this will empower guests to become self-sufficient and proactive in their own healthcare.
- Option to add on One to one support from a therapist available via Skype
- Consultation for in-house set up of on-going Wellness Program