

# WELLbydesign

## FILL THE WELL.

### LET WELLNESS PERMEATE YOUR CULTURE.



Create an opportunity for positive change within the workplace. Lay a foundation for wellness and give your employees the tools to succeed in this highly demanding, digital age. Unplug, empower and energize your employees to be the best they can be with a workshop customized for your company. Seasoned experts will lead attendees through a curated program on a wide range of topics to fuel their minds, body and creativity.

With a growing interest in holistic living, consider replacing traditional teambuilding or enhancing your current employee wellness program with this unique experience that reveals ways to incorporate wellness into daily life. The care of your body and well-being of the mind are the main features of this program. Albrecht Events uses its depth of local speaker knowledge and planning expertise to provide seamless, quality, and custom programming that ensures a fulfilling and meaningful day of renewal for employees. Spark greater productivity and engagement by educating your team with techniques to fill their WELL.

With our local expertise in finding the best venues, our team can suggest awe-inspiring environments or host the retreat at your own location. This intensive one day workshop of multisensory wellness can be customized for each company so individuals can select from a menu of activities in the following disciplines of wellness to foster connection, motivation, and self-empowerment:



NOURISHMENT

MOVEMENT

ORGANIZATION

MINDFULNESS

BALANCE

STRENGTH

ADVENTURE

CREATIVITY

AWARENESS

Learn relaxation techniques for stress relief, nourishing treatments for mind and body, and most importantly how to design your own path to wellness with useful takeaways and resources for personal wellness. Activities may include:

Juicing/Smoothies, Kombucha Making, Conscious Eating, Meditation, Practicing Mindfulness at Work, Yamuna Ball Exercises, Kundalini Yoga, Paddle Board Yoga, Floor Pilates, Walk and Talks, Self-Empowerment Sessions, Work Organization, Mental Toughness, Tools for Crucial Conversations, Parenting Discussions and many more.



**Embrace wellness in your corporate culture for a positive impact on your company. Greatness comes from inside so “fill the well” for your team. The health and wellness of your people will lead to growth and results. Build a healthy environment and sustainability.**

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[aalbrecht@albrechtevents.com](mailto:aalbrecht@albrechtevents.com) to schedule  
your **WELLbydesign** employee wellness retreat.