



Corporate Wellbeing Days

AWAY DAYS & TEAM BUILDING



Burleigh Court & Fleur Wellness Co.

Addressing the Need for Wellbeing in the Workplace



In today's fast-paced work environment, prioritising employee wellness is more crucial than ever.

Research shows that healthier, happier employees lead to:

- Improved Productivity: Health-conscious employees are more focused, engaged, and motivated in their roles.
- Reduced Absenteeism: Wellness initiatives can lower the risk of burnout and chronic health issues, resulting in fewer sick days.
- Stronger Workplace Culture: Employees feel valued and supported, boosting morale and retention.
- Enhanced Reputation: Companies that invest in wellness are more attractive to potential employees and clients.
- Wellness initiatives allow organisations to not only improve individual well-being, but also achieve broader business objectives.

Opportunities for Wellbeing in the Workplace



Wellbeing initiatives are no longer a luxury—they're a vital investment in a thriving, productive workforce. Introducing wellness programs provides opportunities, such as:

- **Fosters Team Bonding:** Group activities like fitness classes or wellness retreats strengthen relationships and collaboration.
- **Supports Mental Health:** Mindfulness sessions, breathwork, and workshops on stress management empower employees to handle workplace challenges.
- **Promotes a Healthy Lifestyle:** Nutrition workshops and fitness programs encourage sustainable habits that extend beyond the workplace.
- **Boosts Employee Engagement:** Providing wellness-focused benefits shows a commitment to employees' personal growth and well-being.
- **A healthy workplace is one that not only prevents ill health, but actively promotes health and reduces sickness absence.**

About Our Venue



BURLEIGH COURT COTSWOLDS

A BOUTIQUE COUNTRY HOUSE HOTEL WITH SCENIC VIEWS AND ACRES OF LANDSCAPED GARDENS, NATURE SPA AND AWARD-WINNING FOOD



Our Wellbeing Coach Fleur Bailey



With a background as a certified nutritional therapist, Pilates instructor, and wellness consultant, I bring a holistic approach to corporate wellness that addresses both physical and mental health, helping you create wellness initiatives that foster healthier, more productive workplaces.



Certified Nutritional Therapist

Certified in:
Nutrition & Research
Clinical Weight Loss
Detoxification & Toxicology
Child Nutrition
Fertility Nutrition
Menopause Health
Behaviour Coaching



Pilates Instructor

Level 4 Advanced Mat Pilates including Pre and Post-Natal
Certificate in Teaching Barre
Level 3 Diploma in Breathwork

Member of the IICT & CMA
Fully Insured

What We Offer

We offer a comprehensive range of wellbeing services including:

Corporate Wellness Retreats – Design & Implementation:

- Customised day or multi-day retreats
- to rejuvenate employees through fitness, mindfulness, and nutrition.
- Tailored to foster team-building, creativity, and stress relief.

Workplace Wellness Workshops:

- Engaging sessions on topics around nutrition, stress management, sleep and fitness.
- Designed to empower employees with actionable tools for healthier living.

Healthy Menu and Snack Planning:

- Guidance on providing nutritious meals and snacks in the workplace.
- Recommendations for catering healthier options during corporate events.

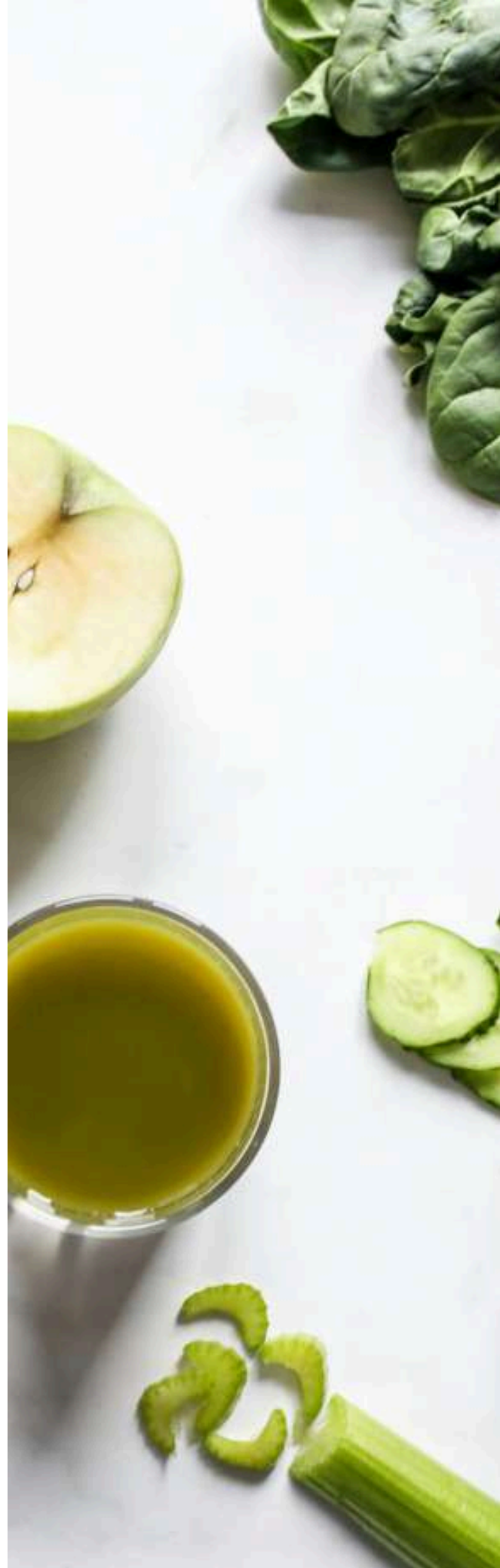
Ongoing Wellness Consulting:

- Continuous support to integrate
- wellness into your company's culture, from employee engagement strategies
- to health-focused initiatives.

Prices

Corporate Wellness Retreats Rates include workshop design and delivery on the day including venue hire and day catering.

From £149 per delegate



Example Wellbeing Day or Corporate Retreat

Providing retreats and wellness days is an exceptional way for businesses to meet the demand for wellbeing in the workplace. These offerings serve as more than just activities; they create transformative experiences that resonate with employees on a deeply personal level.

09:30 | Arrival & Welcome Refreshments

- Herbal teas, fresh coffee, lemon-infused water, and light healthy snacks
- Short introduction to the day's schedule and wellness goals

10 - 11:00 | Energising Morning Pilates Session

- A tailored Pilates class to wake up the body and boost circulation
- Can be adapted for all fitness levels, incorporating breathwork and mobility

11 - 11:15 | Coffee & Tea Break

11:15 - 12:15 | Wellness Talk (Topic of Choice)

- Example Topics:
 - Stress management & nervous system support
 - Gut health for better energy and focus
 - Immune-boosting nutrition
 - Nutrition for sustained energy & mental clarity

12:15 - 13:15 | Nourishing Lunch

- Designed to support energy, digestion, and mental clarity

13:15 - 14:15 PM | Nutrition Workshop or Q&A

- Interactive session. Example topics:
 - How to create a balanced plate for energy and productivity
 - Eating for hormone balance and stress management
 - How food impacts gut health and mood
 - Smoothie making workshop for energy and gut health
 - Practical takeaway tips employees can apply immediately

14:15 - 14:30 | Coffee Break

14:30 - 15:30 PM | Wellness Activity of Choice

- Options:
 - Relaxing walk in the beautiful surroundings
 - Use of the sauna and cold pool
 - Optional journaling exercise or setting personal wellness goals

15:30 - 16:15 Somatic Movement & Breathwork

- A mix of light stretching, and breathwork to support relaxation and relieve stress

16:15 - 16:30 | Closing & Reflection

- Summary of key takeaways from the day
- All attendees receive a gift bag of carefully chosen products related to the day's theme





Delivering Excellence in Staff Wellbeing

Why Partner With Us?

- **Proven Expertise:** With years of experience in wellness consulting, Fleur has successfully partnered with businesses to implement impactful wellness strategies.
- **Decidedly un-corporate manor house venue** with wellness offering, wholesome food and ample space to roam and be mindful.
- **Tailored Solutions:** Together, we design programs that align with your company's unique culture and goals, ensuring meaningful results.
- **Holistic Approach:** Fleur's background in nutrition, fitness, and mental well-being provides an opportunity to address wellness from all angles.
- **Commitment to Excellence:** Together, we bring a warm, collaborative approach to every project, ensuring a seamless and effective partnership.

Let's create a healthier, happier workplace together.

Contact Us

We'd love to discuss how we can collaborate to help you achieve a healthier, more resilient workforce. Get in touch to discuss where we can support and increase the wellbeing of your staff.

events@burleighcourtcotswolds.co.uk

+44 (0) 1453 883 804

www.burleighcourtcotswolds.co.uk

