



Wellness
& Wonder^{GB}

Corporate Reset Day

Outdoor wellbeing and team development experience designed to regulate, reset and reconnect.

A full day guided outdoor walk, incorporating therapeutic tools and mindset coaching to provide teams with the space to breathe and return to work with greater clarity, calm and enthusiasm.



PEOPLE
NATURE
POTENTIAL

Stronger
Teams
Happier
People



1. What your team receives

- Licensed Breathwork & Cold Water Coach to Lead the Group (Additional Leader for Groups of 21+)
- A Pre-Planned Trail in Your Area of Choice: Yorkshire Dales, Peak District or Lake District
- A 6-Phase Itinerary Incorporating Holistic Practices to Relax and a Self-Development Focus to Anchor the Day, or Alternatively Group Yoga, Pilates or a Nutritional Health Talk
- Equipment Needed for Breathwork: Sleeping Bags and Yoga Mats
- A Hot Drink in a Thermal Flask
- Bespoke Follow-Up Resources with Top Tips on How to Activate the Parasympathetic Nervous System to Feel More Calm and Composed
- A 10% Voucher for Each Attendee to Use Against Future Wellness & Wonder GB Walks and Overseas Tours



2. Sample day flow

- 9:00 • Arrival
- 9:30 • Intro and Guided Walk Begins
- 10:30 • Nervous System Regulation Workshop with Meditation
- 11:30 • Conscious Connected Breathwork
- 1:00 • Lunch
- 1:30 • Guided Walk + Walk-and-Talk Prompts
- 2:30 • Mindset Coaching Session with Team Reflection
- 3:30 • Integration Walk
- 4:00 • Optional Cold-Water Experience
- 4:30 • Closing Reflection
- 5:00 • Optional Pub Social



3. Outcomes for your team



Stress
Regulation



Improved
Communication



Greater
Self-Awareness



Stronger Team
Connection



Resilience
Under Pressure



Sustainable
Performance



4. Ideal for

Teams, leadership teams, school staff, small businesses and organisations looking for a meaningful alternative to the standard away day.



5. Pricing

Group Size	Standard Package (Guide Only)	Add Lunches (Per Group)
Small business (less than 12)	£1,200*	+ £150
13 – 20 people	£1,500	+ £250
21 – 30 people	£1,800	+ £375
30+ people	Bespoke quote	–

*£450 wellbeing credit can be used by Lancashire small businesses. Lunch can be provided at an additional cost. Please enquire.

Enquire about a bespoke Corporate Reset Day

- 📍 Preston, Lancashire based
- 👤 Facilitated by Georgina Brooker
- 📷 Instagram: @wellnessandwondergb
- 🌐 LinkedIn: Georgina Brooker
- 🌐 Website: www.wellnessandwondergb.com

REGULATE.
RECONNECT.
RESET.

