



CORPORATE

Wellbeing Retreats

The
Barn



WWW.RETREATTOTHEBARN.CO.UK

EMPLOYEE WELLBEING



Investing in employee wellbeing is more crucial than ever due to the rising levels of workplace stress and the lasting impact of the COVID-19 pandemic. Modern work environments can lead to burnout, with high stress and heavy workloads affecting productivity, morale, and retention. The pandemic added unprecedented stressors, from remote work challenges to health concerns and uncertainty about the future. As a result, companies need to demonstrate a commitment to their employees' mental and physical health to attract and retain a resilient and productive workforce.

Today's workforce values work-life balance and companies that demonstrate investment in and commitment to their employees' wellbeing are particularly attractive to new and existing talent. Dedication to a wellbeing program not only improves productivity but also fosters a positive company culture, reducing absenteeism, healthcare costs and demonstrates a commitment to corporate social responsibility. Investing in employee wellbeing is no longer optional—it's essential for a sustainable, successful, and socially responsible business.

THE BENEFITS



ATTRACTION AND RETENTION

Salaries and holidays are no longer enough, employees expect their employers to care about them and be willing to invest in their wellbeing.



PRODUCTIVITY

Improved employee wellbeing and satisfaction leads to reduced levels of absenteeism and sickness in turn helping to reduce staffing issues and encourage productivity.



CREATING EFFECTIVE TEAMS

Teams that spend time together outside of the work environment have stronger, more resilient bonds and are increasingly able to support, encourage and motivate each other.

WHY US



WHAT WE OFFER



EXPERTISE

We're not just experts in Wellbeing, we understand business and the difficult balancing act all employers face between driving performance and supporting wellbeing.



EVERYTHING YOU NEED

We take care of everything. We provide all the expertise, facilities and equipment needed for the ideal experience for your team.



TAILORED OPTIONS

We can tailor all of wellbeing options to suit your business and it's current needs. We offer full flexibility and offer as much or as little as you need.

EXPERTS IN WELLBEING

We are the ideal partner for hosting employee wellbeing days as we can offer a personalized approach to meet your organization's unique needs. Our diverse team includes a yoga therapist, Pilates instructor, sound therapist, personal trainer, meditation instructor, and sports therapist. With our expertise, we can create customized programs that promote physical fitness and mental well-being, ensuring a high-quality experience for your employees.

Our team also includes an experienced business coach allowing us to design wellbeing days that support your company's broader objectives. Our range of activities includes yoga sessions, mindfulness workshops, nutritional coaching, and stress management seminars. We take care of all logistics and equipment, providing a seamless event so you can focus on the benefits.

Choosing us means you get a stress-free planning process and engaging activities that foster a positive work environment, boost employee morale, and enhance productivity. By investing in our wellbeing days, you are investing in a happier and healthier workforce.

OUR VENUE

Nestled in the tranquil Oxfordshire countryside, on the edge of the picturesque Cotswolds, our venue offers a serene escape for corporate wellbeing events. Located on a working farm, the setting provides a unique blend of rural charm and modern amenities. With space for up to 40 guests, our facility is ideal for team-building retreats, workshops, or off-site meetings. Ample parking ensures easy access, while private showers and a secluded garden area add to the comfort and convenience. Surrounded by lush landscapes and fresh country air, this is a place where teams can connect, recharge, and gain new inspiration.



VENUE HIGHLIGHTS

01

PRIVACY

Our secluded property is the ideal location to get away from the office and find space and clarity in picturesque surroundings.

02

AMENITIES

Boasting showers, a private garden, a studio, dedicated breakout areas and ample parking our centre has everything your team needs to feel at home.

03

LOCATION

Twenty five minutes from Banbury and the M40 our centre offers easy access from across the country. Close to both Stratford-upon-Avon and Chipping Norton there are plenty of beautiful and historical locations nearby to explore.

WHAT'S INCLUDED



A corporate wellness day offers employees a chance to engage in workshops designed to reduce stress, boost physical health, and promote positive mental well-being. An example retreat might start with a yoga session to stretch and energize. Our expert instructors accommodate all fitness levels, making this a great way to begin the day while focusing on posture and flexibility.

After yoga, mindfulness and meditation workshops introduce techniques to manage stress and enhance concentration. These skills can lead to improved productivity and reduced mental health issues in the workplace. Throughout the day, there are breaks for nutritious meals, snacks, and drinks, giving your team time to socialize outside of the office. We also provide ample breakout spaces for small group activities or one-on-one conversations.

A sound bath session in the middle of the day offers a unique way to reset, followed by interactive workshops on work-life balance and stress management, providing practical tools employees can use beyond the retreat. Finally, team-building activities in the afternoon encourage collaboration and communication. These exercises help strengthen workplace relationships and foster a sense of unity, leading to improved teamwork and innovation.

Investing in this one-day retreat supports your team's well-being and your company's success. By promoting physical and mental health, you can reduce absenteeism, lower instances of physical and mental illness, and improve employee retention. A healthier team is a more productive team, and this retreat is a step toward creating a thriving workplace.

No two retreats are ever the same as each is tailored to the needs of the individuals and businesses we are working. Each day can be tailored to substitute or add specific activities or to incorporate any business activities i.e. business plan updates, that you may wish to include.

FOOD AND DRINK

Good food is the foundation of genuine happiness, which is why we emphasize providing healthy and nutritionally balanced meals and snacks throughout the day. It's not just about eating, though; sharing food is a bonding experience that helps strengthen relationships and encourages conversations.



All our meals and snacks are provided by a catering company based in the nearby village of Brailies, which specializes in creating filling meals from locally sourced ingredients. In addition to great food, we also provide a range of hot and cold drinks, smoothies, and plenty of comfortable breakout spaces where attendees can enjoy them.

A typical day starts with a welcome drink, including tea, coffee, fruit juices, and smoothies. Additionally, we can supply breakfast if required or a light snack to kickstart the day.

Around 11:30 a.m., we usually break for refreshments, giving attendees a chance to regroup and discuss their shared experiences over a drink and a snack.

Lunch is typically served around 1 p.m. On sunny days, it can be enjoyed on picnic blankets on the lawn, or, if the weather is less favorable, in our large breakout spaces.

Further breaks and refreshments can be built into the afternoon as needed, and we can cater to a full range of dietary requirements. A sample menu is included below, with various options depending on your budget.

SAMPLE PRICING



WHAT'S INCLUDED



EXPERIENCES

We'll work with you to understand exactly what you want to achieve from your retreat and what activities and experiences you want including.



FOOD AND DRINK

We'll agree a menu with you before hand and incorporate this into your package price. We'll then take complete care of serving your team and ensuring they're well fed.



PEACE OF MIND

Once we've agreed the structure of your day we'll take care of everything. You'll have a dedicated coordinator who'll be on hand anytime and will ensure your day runs smoothly.

PRICING

We understand that budgets are tight, and that investing in your employees' well-being demonstrates a real commitment. It's our goal to show the same level of dedication to your retreat day and provide excellent value for money.

Package prices vary based on the options you choose as we work together to customize your day, but our packages generally start at £75 per person, with costs increasing depending on your selections.

Our pricing is straightforward. You will receive a list of activity and menu options, each with a clear pricing structure, so you will know exactly how much your day will cost and can choose activities that maximize your budget.

Once you receive the final cost, that's it—no hidden charges or unexpected fees. The final price will include everything, allowing you to simply show up on the day and get stuck in.

NEXT STEPS

If you're ready to start planning the perfect retreat for your team, it's time to get in touch. As soon as you make your first contact, you'll be connected with a dedicated coordinator who will ensure continuity throughout your experience. Let us know when you'd like to hold your retreat and any useful information you think we should know, and we can start planning from there. Contact details are provided below.



CONTACT DETAILS

EMAIL

info@thebarnretreat.co.uk

ADDRESS

The Barn,
Springfield Farm,
Brailes,
Oxfordshire
OX15 5JH

WEBSITE

www.retreattothebarn.co.uk