



# The Virtual GIFT BASKET

EXTEND THEIR WILD EXPERIENCE

## Wild doesn't end when the program does.

As your attendees return to work, family and daily activities, this virtual gift basket helps carry forward the wisdom and perspective from Chris' program. It's a meaningful way to extend the learning, deepen reflection, and continue building connection well beyond the event.

Following your program, you'll receive access to our **Virtual Gift Basket**—a thoughtfully curated collection of resources designed to help your attendees reconnect with their Wild selves wherever they need it. Whether they have three minutes or an afternoon, these offerings support their continued journey.

## INSIDE THE VIRUAL GIFT BASKET



Inspiring poems  
to nourish reflection



Music playlists to  
reconnect with the Wild spirit



3-minute guided meditations  
for busy days



10-minute movement  
meditations to help you reset



Simple aromatherapy recipes  
to bring nature indoors



Book recommendations  
for deeper exploration



A favorite trail recipe  
that's just as delicious at home



Ideas for keeping your Wild  
side close—at work and at home



A Re-Wilding Map exercise  
to help you intentionally design  
practices that keep you grounded,  
connected, and fully alive

*To my "master multi-tasker, consistently in the 'Top 5 Most Stressful Jobs' list" Event Professional friends—thank you for being here. For showing up anyway and putting together amazing experiences for people. For making a difference. And for helping to keep the learning alive. "When we meet, we change the world."*