

**Hello!!** We are excited to introduce “Fortify Wellness”. We are startup Scottish social enterprise, dedicated to transforming workplace wellness and performance in a completely unique way through our **“Live Well, Lead Well”** leadership and team development program.

As you know there are many emerging business challenges such as remote working, absenteeism, employee engagement and mental-health that are testing cohesion and general performance. We help businesses like yours nurture a culture of engagement, adaptability, and well-being. We’re not just offering ‘normal’ team events and retreats; we’ve created immersive, natural and wellness-centred experiences that help employees develop around our 3-pillars - **Engage. Empower. Elevate.**

Our programs are uniquely set within a 37-acre heritage forest AND our custom made indoor wellness studio, where natural surroundings become a powerful part of the experience. At our two locations we focus on resilience, adaptability, and connectedness—qualities essential to both personal and professional success. From yoga, guided breathwork and meditation to eco-art, survival skills, shelter building and cold water immersion, our sessions are designed to engage and empower employees beyond traditional L&D programs.

We’ve spent time planning and building but now we have opened our doors, and forest, to Scotland.

As a social enterprise, our mission is bigger than just wellbeing. By reinvesting in small, local businesses, we’re working to build a better Scotland, creating ripple effects that benefit communities and foster sustainable growth. With Fortify, your investment not only supports your team’s development but also contributes to a thriving, wellness-focused community across Scotland.

**NHS estimates are for every £1 invested in employee wellness returns £5 in productivity, so there is a clear ROI.**

To welcome new partners, we hope like you, we’re offering a one-time launch offer to all first-time clients. This is our way of celebrating new beginnings, and we hope you’ll join us in this journey toward a more resilient, inclusive, and balanced workplace culture.

If you’re interested in exploring how we can help your team thrive please see our unique **“Renew & Rejuvenate” team day retreat** launch offer on the next page.

We hope for future collaboration with you as we start to build our wellness community 🌳

# Launch Offer - “Renew & Rejuvenate” Team Day Retreat

New year 2025 is a time of renewal and fresh starts. This special launch day retreat focuses on helping participants tap into this vibrant energy, setting new intentions and cultivating optimism. Activities emphasize growth, creativity, and a readiness to embrace change, building a foundation for sustained personal and professional growth throughout the year. A consultation would take place before the day to ensure your objectives run through the day’s themes and learning. The day retreat activities are below.

**09:30 – 10:00: Setting the Scene:** We will discuss the purpose of the day, aligned to your business and people expectations. Hot drinks will be brewing in our central fire-pit to start the day!

**10:00 – 10:45 Morning Energizer:** Qi Gong & Gentle Yoga Flow. Begin each day with an invigorating combination of Qi Gong and gentle yoga to awaken the body and mind, encouraging participants to connect with the season’s energy of renewal and movement. Followed by a short break.

**11:00 – 12:00 Guided Breath-Work & Renewal Meditation.** Guided breath-work designed to stimulate and energize, followed by a meditation focused on growth and renewal. Encourage participants to set intentions and embrace the opportunities that the New Year represents.

**12:00 PM – 13:00 PM: Lunch at the Central Campfire** Lunch provides a relaxed environment for participants to share their thoughts and experiences. During lunch we show a quick demonstration on fire starting using flint and steel. Participants will then create their own fire from materials scavenged from the woods using the technique shown in the demonstration. essential survival skills and teamwork, reinforcing adaptability and perseverance.

**13:00 - 13:30 PM: Shelter Building Demonstration** A demonstration using a miniature shelter to illustrate the shelter-building process, including design principles and essential techniques. Participants gain a clear understanding of the process and key considerations, setting them up for success in their own building challenges.

## **13:30 – 3:30: Shelter & Fire Building Challenge**

Teams explore the woods to gather materials and construct their shelters. Then they implement the lessons to build and make final adjustments to their shelters and decorate them using their own version of eco-art, reflecting their individual creativity and style. Presenting their decorated shelters allows participants to articulate their creative vision and promotes critical thinking and collaboration skills. Participants keep their art as a permanent reminder of the days learnings. This hands-on challenge promotes problem-solving, communication, and resourcefulness. Participants learn to rely on each other’s strengths, fostering a sense of community and a time-bound goal.

## **3:30 PM – 4:30 PM Closing Circle: Intention Sharing & Commitment to Growth**

End each program day with a group sharing circle, where participants can discuss their intentions for growth and the steps they plan to take moving forward. This reinforces a sense of community and accountability, setting the stage for continued growth and development.

**\*\* LAUNCH PRICE \*\*** : £795 up to 10 participants - please enquire if you have more than 10 people (Applies to bookings taken in 2024, used by end of March 2025)

Contact Us For More Information : [Please Click Here](#)

