



Woodland Wellbeing Corporate Events

Walking in the woods, savouring the sky, nurturing nature and bathing in the sounds of the birds in the forest gives you time to switch off, reset and reenergise.





At Inside Out we offer Woodland Wellbeing experiences to engage your team in a happier, healthier and a more productive working environment.

In collaboration with Buckstone Bushcraft, we deliver a taste of outdoor wilderness survival skills. a range of bushcraft activities such as shelter building, learning different ways to make fire, whittling, spoon carving, foraging and outdoor cooking. There will be activities including mindfulness in nature, environmental art, and a team building challenge.



What are the benefits?

Spending time outdoors in nature can help you to:

-  enhance your ability to identify, manage and express your emotions
-  respond positively to pressure
-  build positive and constructive relationships with others
-  foster a level of mental clarity to support incisive and effective decision-making

"Organisations need to take better care of their people and recognise how the demands of work can affect their physical and mental health, as well as their ability to perform well at work"

CARY COOPER (Chartered Institute of Personnel Directors president and wellbeing expert)

Case Studies

- 🍂 There were 488,000 cases of work related stress, depression or anxiety in 2015 to 2016, with the total number of working days lost to these conditions reaching 11.7 million days. (LABOUR FORCE SURVEY)
- 🍂 A preventative approach to wellbeing could save employers around £250 million per year. (HEALTH AT WORK)
- 🍂 Employee wellbeing is strongly linked to improved performance and productivity. Organisations with greater levels of engagement report 22% higher productivity, with an improved level of work quality. (LABOUR FORCE SURVEY)

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Inside Out Woodland Wellbeing Days present an opportunity to play a central role in strengthening the mental wellbeing of your workforce, with the benefits of better sleep and greater relaxation, improving physical and social wellbeing.

Bespoke packages are available on request.

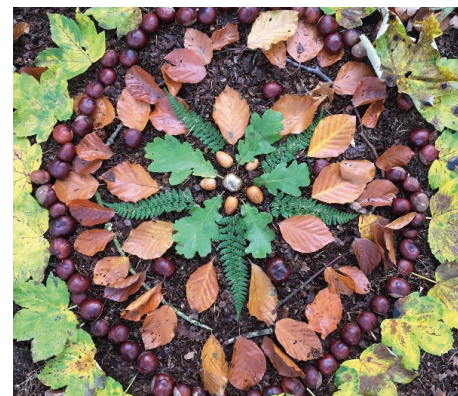
Hot and cold drinks, lunch and snacks provided.

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Pricing

Our events/sessions are competitively priced.
Our rates include materials, tools and lunch.
Subsidies available for block bookings.

- 🍂 Full day session (5 hrs) £50 per person
- 🍂 Half day session (2hrs) £30 per person



Contact Us

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