



Corporate & Charity Retreats Sea and Nature Collection



Sea and Nature Collection Packages

The Bay (2 nights)

11 people minimum

2 Nights Accommodation

Coaching Sessions

Team Building Activities

Personal Development

3 nourishing meals a day

Welcome Gift

Wild Swimming*

Yoga*

Sound Meditation*

From
£14,950 for 11 people

*optional

The Cove (3 nights)

8 people minimum

3 Nights Accommodation

Coaching Sessions

Team Building Activities

Personal Development

3 nourishing meals a day

Welcome Gift

Wild Swimming*

Yoga*

Sound Meditation*

From
£17,950 for 8 people

*optional

The Wave (3 nights)

15 people minimum

3 Nights Accommodation

Coaching Sessions

Team Building Activities

Personal Development

3 nourishing meals a day

Welcome Gift

Wild Swimming*

Yoga*

Sound Meditation*

From
£19,950 for 15 people

*optional





Jessica Cooper
Retreat Coach

After a career in management consultancy, Jessica embraced coaching to empower clients in driving their own behaviour change. Experiencing hearing loss during a stressful period highlighted the importance of balancing wellbeing with sustainable performance. Known for creating safe, inclusive spaces for tackling tough conversations, Jess combines evidence-based tools with extensive experience in building People & Culture functions and leading teams. Her expertise supports both individuals and teams in their growth and development.

“Corporate retreats ignite fresh perspectives, strengthen team connections, and inspire innovation by stepping away from the ordinary”

Sea & Nature Collection Founders

Our Founders



Jessica Rule
Retreat Host

With 17 years of experience in event management, Jess has a proven track record in organising high-quality, impactful events, ranging from intimate retreats to large-scale events whilst specialising in retreat coordination, Jess brings a wealth of knowledge management to her work, ensuring seamless, well-structured experiences that engage and inspire participants. Her extensive experience, attention to detail, and passion for creating meaningful retreats.

Sample Programme

Day One

Welcome & Settling In
Team Coaching Session with
refreshments
Personal Development Workshop
Walk in Nature or Sea Swim
Reflections & Intentions
Nourishing Dinner

Day Two

Sunrise Yoga or Sound Meditation
Nourishing Breakfast
Team Coaching Session (Outdoors)
Nature Walk
Delicious Lunch
Interactive Activity: Swim or
Wellbeing Practice
Clarity and Connection Workshop
Dinner
Evening Reflections & Informal
Networking

Day Three

Breakfast
Relaxation and Nature Experience
Team Coaching Session: Culture
and Thriving Together
Closing Lunch
Wrap-up discussions and
networking before departure

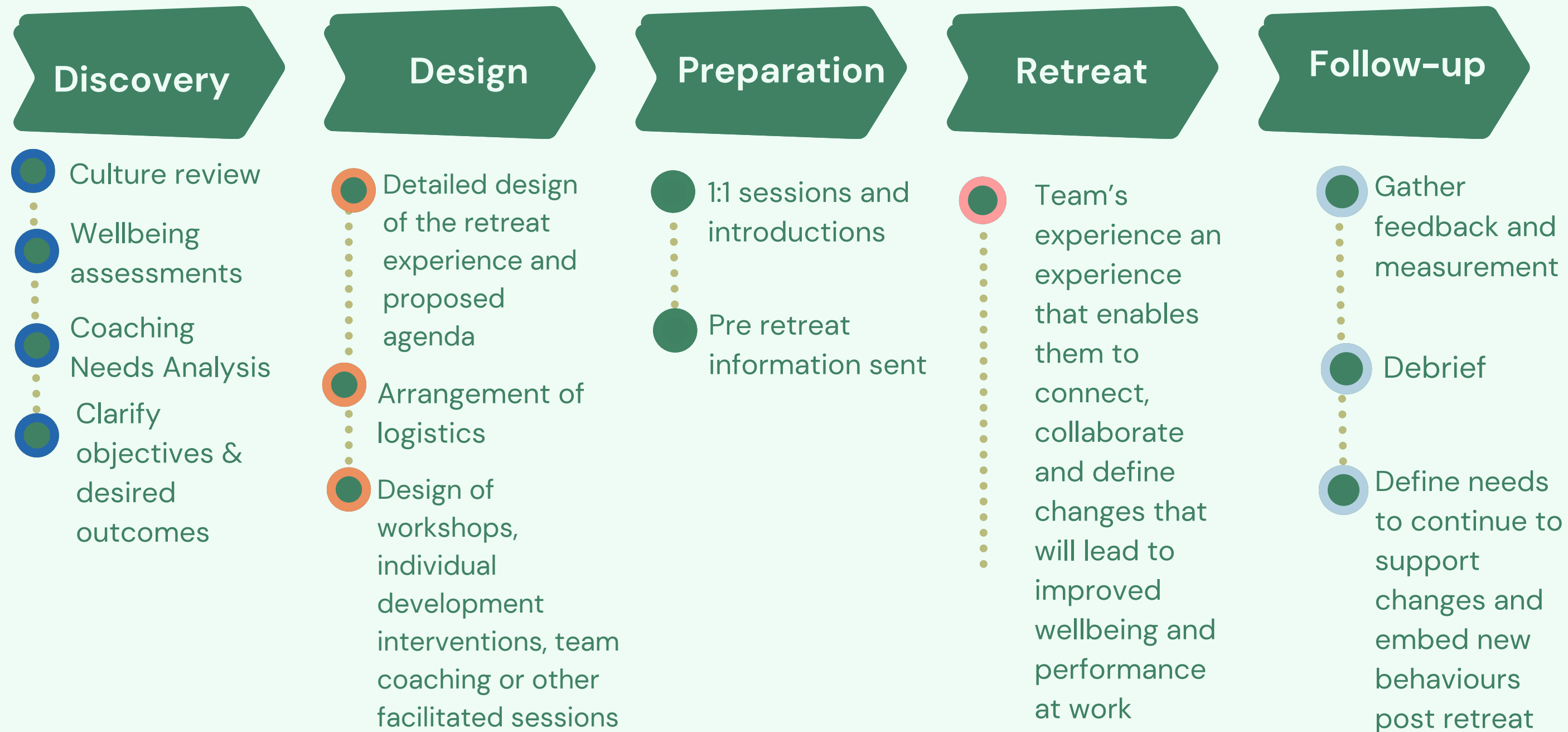
Accommodation

We collaborate with a variety of retreat venues across the UK to craft bespoke accommodations tailored to the unique needs of our retreats. Our carefully selected venues are located in picturesque settings, offering easy access to the water. Below are some images showcasing the exceptional accommodation we provide.



Creating a retreat that meet your needs..

Our approach is to work with you to create a retreat that meets your team's development and wellbeing needs: whether this is to recharge and rediscover balance; connect to build trust and facilitate better communication and collaboration; step back to think about how you need to be to deliver strategies and meet objectives or build awareness of one another skills, capabilities and behaviours..



Get in Touch

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