



Corporate Retreats

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RECONNECT ON THE COAST

Surrounded by beautiful beaches and bushland, Anglesea is the perfect destination to escape routine and immerse in natural wellness. Connecting with nature, as well as time for mindfulness and relaxation, will free up space in your mind for fresh ideas and creative thinking. Let us design a flexible schedule to suit you and your team, including customised retreat sessions and unique outdoor activities, guided by our experienced facilitators.

Our Corporate Retreats are perfect for...

- Leadership and executive teams
- Department or faculty
- Reconnecting as a team
- Small and large businesses
- Staff reward and incentives
- Building & strengthening as a new group
- Project teams



WHY CONSIDER A CORPORATE RETREAT?

- Take care of your team's well-being
- Improve team culture and job satisfaction
- Develop your leadership skills with our experienced facilitators
- Take time out to reset, to improve performance & productivity
- Find balance in your personal and professional life
- Foster and strengthen workplace relationships
- Clear your mind for fresh ideas and creative thinking

WHY CHOOSE US?

- A dedicated Corporate Retreat Coordinator will work with you to design a fully customised retreat, tailored for the unique needs of your business or delegates
- Beautiful location and facilities on the Great Ocean Road in Anglesea, including luxury day spa, fine dining restaurant, conference facilities and boutique accommodation
- Specialist speakers and therapists, including wellness educators for professional and corporate development, and experienced facilitators in health and mental well-being
- Interactive sessions and workshops specifically designed for your team to achieve their retreat goals



Our Venue

Our resort provides the perfect relaxed coastal setting to step away from your busy day-to-day schedule. Fresh air, natural light and an abundance of greenery flow throughout our facilities to help clear your mind and allow you to explore new ideas. Be inspired in beautiful indoor and outdoor spaces designed for mindfulness, relaxation, creativity and leisure.

All corporate retreat groups have access to our conference facilities, should you require private use of our flexible meetings spaces for retreat sessions or business meetings.



MICHELLE MOLONEY

Michelle is our corporate wellness director with over 20 years of experience in the spa and wellness industry, bringing invaluable knowledge to our spa team. An experienced educator, facilitator and spa therapist, she is devoted to helping individuals and organisations realise the benefits of wellness in their personal life and workplace. Michelle has carefully designed corporate wellness sessions that will inspire, empower and enable professionals to achieve their best.



JANET WALTER

Janet is a leadership facilitator, executive coach and keynote speaker with 15 years' experience. If you would like to engage and develop your team, talent or leadership during your conference or retreat, Janet will carefully design a program with just the right focus, tone and outcomes. She brings over 1000 hours of facilitation experience including working with clients such as ANZ, NAB, CSIRO, Engineering Education Australia, and Agilent Technologies.

Facilitators

We work with a number of local facilitators and guest speakers, highly experienced in corporate wellness, leadership and management, mental health, mindfulness, nutrition and well-being.

We will help you select the right fit for your retreat to align with your team's goals. See our website to learn more about our inspiring speakers and [Facilitators](#).



SEAN PURCELL

While on a morning run in Torquay, Sean went into cardiac arrest and his heart stopped beating. Clinically dead for 45 minutes – his family were told he would suffer permanent brain damage. But Sean survived and is thriving, sharing his inspiring story: the collapse, a five-day coma, a journey of recovery and his quest to find and thank the locals who saved his life. His talk focuses on the importance of gratitude, how capable we all are when faced with direct opportunity or adversity and the need for all of us to capitalise on our unique skill set and truly live a life of purpose!



JO SURKITT

Jo Surkitt is a wellness educator, key note speaker and practitioner. Jo has over 18 years of experience running Professional Development and Corporate Health programs, as well as Health and Wellness retreats in the region. Programs are specially designed to fit the individual needs of your business as well as your time and budget.



JO HAND

Jo is a qualified practitioner of Nutritional Medicine and Kinesiologist at Lux Spa & Wellness. Her gentle and caring nature instantly has clients feeling calm and comfortable. Jo is dedicated to helping individuals discover what is holding them back. Sessions can be targeted to improve specific areas of focus such as stress, anxiety, sleep quality, gut health, hormone health, behavioural issues, pain and discomfort, headaches and jaw pain or general well-being.



THE COAST RESTAURANT

The Coast offers a unique dining experience using only the highest quality local ingredients. Our carefully curated menu designed by Head Chef, Evans Magati, features modern Australian cuisine with signature Indigenous-inspired dishes.

Complementing our local produce menu are some of the region's best wines and crafted cocktails from our local distilleries.

Food & Wine



PRIVATE DINING

Modern and elegantly styled, our separate dining room provides the privacy you need. A bespoke timber banquet-style table caters for up to 20 guests and our dedicated waitstaff will provide an exceptional service for your team.



LUX SPA & WELLNESS

Unwind and escape the noise of the outside world in our luxurious day spa. Renew your body and mind while relieving stress, with our indulgent and restorative therapies. Beautifully presented gift vouchers are perfect for staff incentives, to use during their stay, or so they can come back and rejuvenate whenever they like.



LUX SPA & WELLNESS TREATMENT (1.5 - 3 HRS)

The focus within all of our spa treatments is to help reduce stress commonly linked to the modern workplace, reducing muscle tension, fatigue, stress and anxiety. Our therapeutic and Shirodhara massages target these concerns, whilst divine body treatments and high performance facials provide exceptional results for your skin.

- High Performance Facials with LED
- Massage Therapies
- Body Wraps & Muds
- Shirodhara
- Steam & Vichy Shower
- Infrared Sauna
- Reiki
- Kinesiology
- Shiatsu



GROUP MINDFULNESS SESSION (1 - 2 HRS)

These sessions will focus on mindfulness and meditation techniques, general stress management and tapping tools which you can use yourself at home to calm the busy mind, and relax into the moment. Sound healing will switch the frequency of your nervous system to a more relaxed state.

- Sound healing
- Guided meditation
- Outdoor nature movement
- Yoga (indoor or beach location)
- Tea ceremony
- 'Back to Calm' mindfulness workshop
- 'Awakening' sensory experience



CUSTOMISED RETREAT SESSION (2 HRS)

One of our experienced local facilitators will design a session that aligns with your business. These sessions are tailored to suit the needs of your team. Below are some of the sessions our facilitators can offer:

- Positive psychology & mindset
- Profiling personality, leadership traits
- Mastering your time & work-life balance
- Building resilience to create great leaders & employees
- Building better relationships & engagement within the workplace
- Nutrition for increased energy & concentration
- Combatting stress & burnout
- The Lifestyle Load (how to know when it is getting too heavy)



NATURE BASED ACTIVITY (1 - 2 HRS)

- Guided mountain bike riding
- Guided surfing, stand-up paddle boarding or kayaking
- Guided horse riding
- Local guided nature walk
- Outdoor Indigenous activity
- Nature movement workshop
- Local community support programme
 - Anglesea Community Garden Programme with our Head Chef
 - ANGAIR Local Environmental Programme



ONSITE ACTIVITY (1 - 2 HRS)

- Indigenous painting class
- Cooking class with our Head Chef, Evans and Nutritionist, Jo
- Local gin or whisky tasting at our fire pit
- Cocktail-making class with our Restaurant Manager, Tahnee
- Problem solving / group initiative games



Our suggested retreat schedule can be customised to suit your requirements including session times or business meetings that require access to our conference and meeting facilities.

SAMPLE 1-NIGHT SCHEDULE

DAY 1

12noon

Arrive at Great Ocean Road Resort, be greeted by our Wellness Director, Michelle and tour Resort

12:30pm - 1:15pm

Lunch at our onsite fine dining restaurant, The Coast

1:30pm - 2:30pm

Customised retreat session

3pm - 5:30pm

Indulgent treatments at Lux Spa & Wellness

5pm

Leisure time and free use of the facilities including indoor heated pool, gym and tennis court

7pm

Dinner at The Coast, in our private dining room

DAY 2

7am - 8am

Yoga with Amanda

8:30am - 9am

Nourishing breakfast

9:30am - 11:30am

Choice of mindfulness session, outdoor nature based activity or onsite activity

12noon

Group lunch

1pm

Check out

SAMPLE 2-NIGHT SCHEDULE

DAY 1

| | |
|-------------------------|--|
| <u>12noon</u> | Arrive at Great Ocean Road Resort, be greeted by our Wellness Director, Michelle and tour Resort |
| <u>12:30pm - 1:15pm</u> | Lunch at our onsite fine dining restaurant, The Coast |
| <u>1:30pm - 3:30pm</u> | Customised retreat session |
| <u>4pm - 5pm</u> | Mindfulness session at Lux Spa & Wellness |
| <u>5pm</u> | Leisure time and free use of the facilities including indoor heated pool, gym and tennis court |
| <u>7pm</u> | Dinner at The Coast, in our private dining room |

DAY 2

| | |
|-------------------------|---|
| <u>7am - 8am</u> | Yoga with Amanda |
| <u>8:30am - 9am</u> | Nourishing breakfast |
| <u>9:30am - 11:30am</u> | Outdoor nature based activity |
| <u>12pm</u> | Group lunch |
| <u>12:30pm - 2:30pm</u> | Onsite activity |
| <u>3pm - 5:30pm</u> | Indulgent treatments at Lux Spa & Wellness |
| <u>5:30pm</u> | Leisure time |
| <u>7pm</u> | Dinner at The Coast, in our private dining room |

DAY 3

| | |
|---------------------|----------------------------|
| <u>7am - 8am</u> | Yoga with Amanda |
| <u>8:30am - 9am</u> | Nourishing breakfast |
| <u>9am - 10am</u> | Customised retreat session |
| <u>10am</u> | Leisure time |
| <u>12noon</u> | Check out |

SAMPLE 3-NIGHT SCHEDULE

DAY 1

| | |
|-------------------------|--|
| <u>12noon</u> | Arrive at Great Ocean Road Resort, be greeted by our Wellness Director, Michelle and tour Resort |
| <u>12:30pm - 1:15pm</u> | Lunch at our onsite fine dining restaurant The Coast |
| <u>1:30pm - 3:30pm</u> | Customised retreat session |
| <u>4pm - 5pm</u> | Mindfulness session at Lux Spa & Wellness |
| <u>5pm</u> | Leisure time and free use of Resort facilities |
| <u>7pm</u> | Dinner at The Coast, in our private dining room |

DAY 2

| | |
|-------------------------|---|
| <u>7am - 8am</u> | Yoga with Amanda |
| <u>8:30am - 9am</u> | Nourishing breakfast |
| <u>9:30am - 11:30am</u> | Free time for business meeting or leisure time |
| <u>12pm</u> | Group lunch |
| <u>12:30pm - 2:30pm</u> | Onsite activity or customised retreat session |
| <u>3pm - 5:30pm</u> | Indulgent treatments at Lux Spa & Wellness |
| <u>5:30pm</u> | Leisure time |
| <u>7pm</u> | Dinner at The Coast, in our private dining room |

DAY 3

| | |
|-------------------------|---|
| <u>7am - 8:30am</u> | Indigenous-led coastal walk |
| <u>9am - 9:30am</u> | Nourishing breakfast |
| <u>9:30am - 11:30am</u> | Outdoor nature based activity |
| <u>12noon</u> | Group lunch |
| <u>5pm</u> | Leisure time |
| <u>7pm</u> | Dinner at The Coast, in our private dining room |

DAY 4

| | |
|---------------------|----------------------------|
| <u>7am - 8am</u> | Yoga with Amanda |
| <u>8:30am - 9am</u> | Nourishing breakfast |
| <u>9am - 10am</u> | Customised retreat session |
| <u>10am</u> | Leisure time |
| <u>12noon</u> | Check out |



GET IN TOUCH WITH US

All of our retreats can be customised to suit your needs. Contact us today and our dedicated Corporate Retreat Coordinator will help you design a retreat that is perfectly suited for your team at Great Ocean Road Resort. Visit [Corporate Retreats](#) and fill out the enquiry form to start planning.

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