



# Corporate Retreats

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great ocean road resort



## RECONNECT ON THE COAST

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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

Image credit (left): Salty One



## WHY CONSIDER A CORPORATE RETREAT?

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- 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?

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- A dedicated Corporate Retreat Coordinator will work with you to design a fully customised retreat, tailored for your unique needs
- Beautiful location on the Great Ocean Road in Anglesea at an Ecotourism-certified property
- Luxury onsite facilities including day spa, local produce restaurant, conference spaces and 4.5-star boutique accommodation
- Specialist speakers and spa therapists, including wellness educators for professional development and corporate 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. Be inspired in beautiful spaces designed for mindfulness, relaxation, creativity and leisure.

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.

- Indoor & outdoor event spaces
- Break-out meeting areas
- Complimentary Wi-Fi
- Modern boutique suites
- Day spa & wellness centre
- Yoga space
- Local produce restaurant
- Private dining room
- Indoor heated pool
- Gym & tennis court
- Sunken firepit & lounge
- Private outdoor bar



## THE COAST RESTAURANT

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The Coast offers a unique local dining experience using locally sourced produce from the Great Ocean Road and Surf Coast regions. Dine in our coastal-inspired restaurant by the fireplace or in our spacious private dining room.

Complementing our local produce menu are some of the region's best wines, and craft cocktails from our local distilleries including Great Ocean Road Gin and Timboon Distillery Whisky.



## FIREPIT & PRIVATE BAR

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Soak up the afternoon sun or enjoy an evening drink under the stars by the firepit. It's also makes the perfect location for relaxed meetings or a team activity like a local gin, whisky or wine tasting.



## Retreat Selections

Our corporate retreat experiences are tailored to help your company or individual team members achieve their best. Build your retreat with our extensive list of sessions covering everything from:

- Tailored workshops with expert corporate facilitators to develop professional skills
- Collaborative local team-building activities to engage and strengthen your team work
- Mindfulness activities and time in nature to inspire creative thinking
- Indulgent spa treatments to reset your mind or reward hard work



## TAILORED WORKSHOP SESSIONS

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One of our experienced local facilitators will design a workshop 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
- Reset your ways of working
- Managing performance & accountability



## INTERACTIVE TEAM SESSIONS

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A corporate retreat provides the opportunity to connect and try new experiences as a team, outside of your typical work environment. Spending time outside in nature and together as team not only has incredible well-being benefits but also fosters your connection.

We're fortunate to work with talented locals who would love to share their passions with your team:

- Surfboard shaping workshop
- Kayak under the stars
- Local gin, whisky or wine tasting at our firepit
- Cocktail-making class
- Learn-to-Surf or stand-up paddleboarding
- Indigenous experience & education
- Mountain bike riding
- Local community support program





## MINDFULNESS & WELLNESS SESSIONS

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These sessions will focus on mindfulness, meditation techniques, and general stress management tools which you can use yourself to calm the busy mind, and relax into the moment. Our sessions provide a unique and engaging way to recharge and reset, indoors or in nature:

- Local guided nature walk
- Sound healing & guided meditation
- Outdoor nature movement
- Yoga (indoor or beach location)
- Guided breathwork
- Mindfulness workshop



## SPA SESSIONS

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Unwind and escape the noise of the outside world at our luxurious onsite day spa, Lux Spa & Wellness. 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.

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. Renew your body and mind with our indulgent and restorative therapies:

- Spa Journey
- High Performance or Botanical Facial
- Relaxation or Lymphatic Massage
- Body Ritual
- Reiki
- Infrared Sauna



## MICHELLE MOLONEY

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Michelle is our 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 realise the benefits of wellness in their personal life and workplace.

Michelle can design wellness sessions to inspire, empower and enable corporate professionals to achieve their best.

## JO HAND

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Jo is a qualified practitioner of Nutritional Medicine, Functional Neurology and Kinesiology. 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, nutrition for increased focus, the gut-brain connection, or general well-being.

## JANET WALTER

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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, she will carefully design a program with just the right focus, tone and outcomes.

Janet has facilitation experience, working with clients such as ANZ, NAB, CSIRO, and Engineering Education Australia.

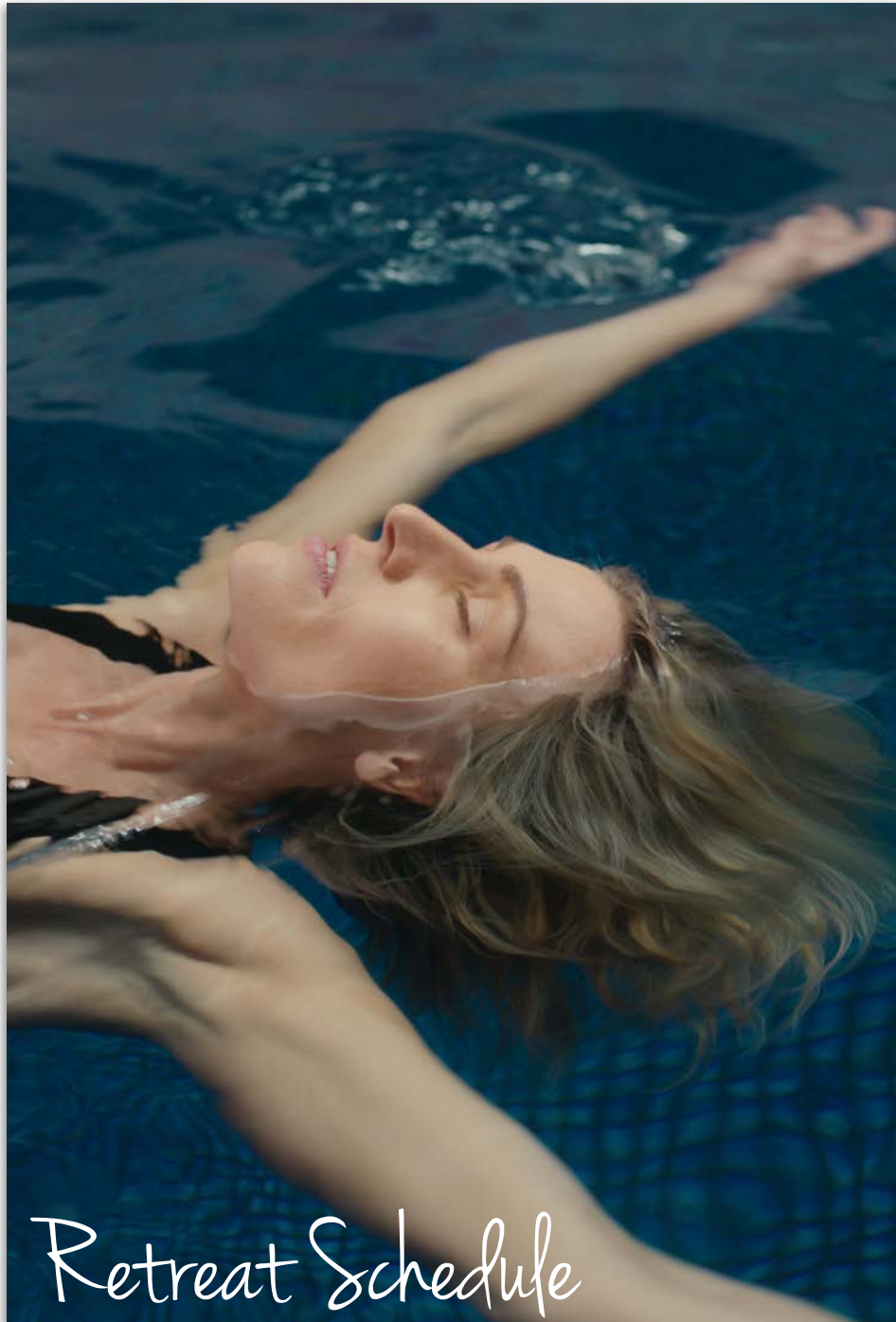
## JO SURKITT

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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.

Jo's programs are specially designed to fit the individual needs of your business as well as your time and budget.

*We work with a number of local facilitators, highly experienced in corporate wellness, leadership, and management. 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.*



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 2-NIGHT SCHEDULE

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### DAY 1

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12:30pm - 1:15pm

1:30pm - 3pm

3pm - 4:30pm

4:30pm - 6pm

7pm

Arrival, warm welcome and tour of the resort

Lunch at our onsite restaurant, The Coast, in our private dining room

Facilitated retreat session tailored to your team

Leisure time (including use of indoor heated pool, gym and tennis court)

Cocktail-making class at The Coast

Dinner in our private dining room

### DAY 2

7am - 8am

8:30am - 9am

9:30am - 11:30am

12pm

12:30pm - 2pm

2:30pm - 5pm

5:30pm - 6:30pm

7pm

Morning yoga session

Nourishing breakfast

Guided nature walk along the Surf Coast Walk

Group lunch in our private dining room

Facilitated retreat session tailored to your team

Indulgent spa treatments at Lux Spa & Wellness

Gin tasting by the firepit

Dinner in our private dining room

### DAY 3

7am - 8am

8:30am - 9am

9am - 10:30am

10:30am

Sound healing & breathwork

Nourishing breakfast

Surfboard shaping workshop

Depart from Great Ocean Road Resort



## GET IN TOUCH WITH US

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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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