



Connect teams with the
GreenX Immersion program

CONFERENCING
TURNED ON
ITS HEAD.



**CONNECT
YOUR PEOPLE.
IMPROVE YOUR
BOTTOM LINE.**

**OUR TRANSITION PROGRAM IS
FRESH, INNOVATIVE AND ONE
OF A KIND.**



WE ARE NOT A TEAM BUILDING COMPANY.

GreenX is a brand new way to conference.

We are an immersion program that helps transform and connect your team using the 7 key principles of GreenX.



Our wholistic approach encompasses your individual wellbeing, responsibilities and relationships for a more engaged team.



We connect your team to nature to revitalise mind, body and soul. It's the key to creativity, productivity, improved self-esteem and more effective group dynamics.



We teach your team to build healthy habits through nutrition, exercise and relaxation.



Lasting benefits are ensured through individual and confidential cognitive assessments, available to delegates before and after your conference.

DID YOU KNOW...

**“Sustained attention
is around 40 minutes
for the normal adult
and if we are stressed
this time frame can be
dramatically reduced”**

- Nerida Saunders

Senior Psychologist, Clinical Director
Brain Mind & Memory Centre

Imagine delivering a sales plan to your team on the beach first thing in the morning ... combining lunch with a nutrition-focussed, hands-on cooking class ... offering an afternoon relaxation session ... and informational social events at night.



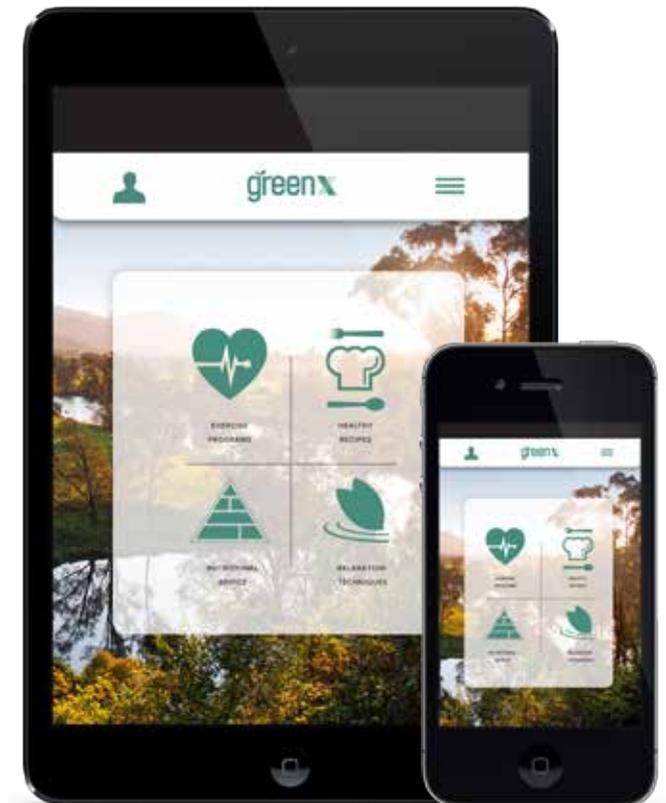
The GreenX Immersion program is centred on how we function as humans. Our strategies are scientifically tested through neuroscience and will increase concentration, improve productivity, revitalise the mind and bring forth social cohesion. All of which will help increase your bottom line.

RESULTS & LEARNING THAT ENDURES.

Underpinned by a 'Live. Life. Right.' philosophy, GreenX is founded on the latest international research scientifically demonstrating the enhanced health and well-being benefits that come from active engagement in nature. That's why we have developed an online education platform which can be accessed long after the conference has been completed.

EDUCATION

The GreenX Immersion program is supported by an online education platform that provides your delegates with an on-going source of information and inspiration, including nutritional advice, healthy recipes, relaxation techniques, exercise programs and much more.





**THE SEVEN
BENEFITS
FOR YOUR
TEAM**

ELIMINATE MENTAL FATIGUE

REDUCE STRESS & ANXIETY

**INCREASE
CONCENTRATION & MEMORY**

**BOOST BRAIN POWER
& SHARPEN THE MIND**

**IMPROVE
SELF-ESTEEM & MOOD**

**SPEED RECOVERY
TIME AFTER ILLNESS**

**ENHANCE OVERALL
WELLBEING**

**BENEFITS
FOR
EMPLOYERS**

**INCREASE STAFF
RETENTION**

BOOST PRODUCTIVITY

IMPROVE BOTTOM LINE

**IT'S SIMPLE:
TEAMS WHO
THINK CLEARLY
MAKE BETTER
DECISIONS.**

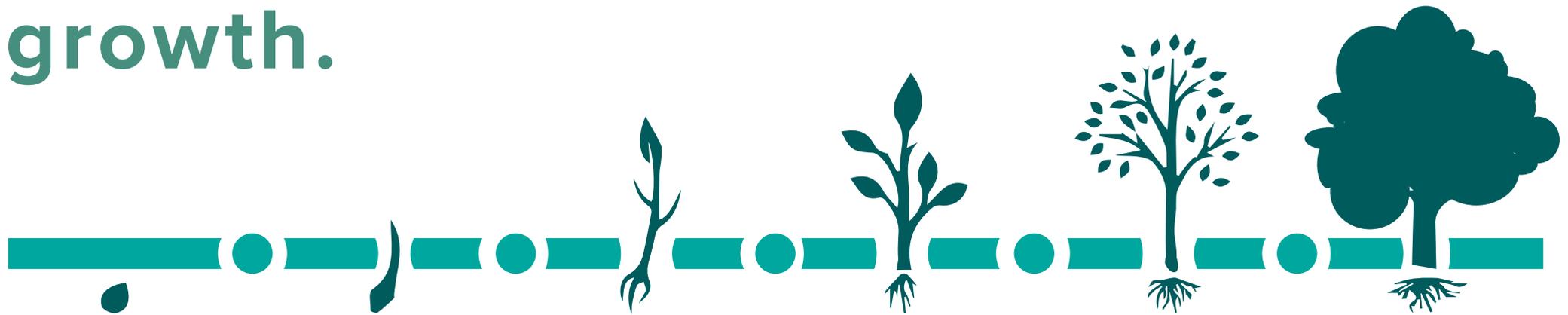


**We deliver a
transformative
experience that will
have a lasting impact
on your team.**

IMMERSION

Organic team growth.

The GreenX team customises each program around your individual conference objectives, planning a combination of outdoor activities, relaxation, energy boosters, lifestyle workshops, community engagement and team challenges around your core business sessions. Our products enable a sustained pace of learning, with the inclusion of 'downtime' to absorb and process the information.



WAKE UP SESSION



Exercise boosts energy levels, leaving delegates feeling refreshed and mentally clear. It also fires up the brain's neurons for optimum intake of new information.

ENERGISER



A 15-minute pick-me-up that will revitalise and re-focus your team in preparation for the next presentation.

BREAKOUTS



25-minute outdoor modules designed to boost energy levels, concentration, creativity, productivity, motivation and general well-being.

WORKSHOPS



Practical sessions focussed on workplace-relevant life skills such as time management, stress reduction, mindfulness, relaxation and good nutrition.

TEAM ACTIVITY COHESION



GreenX endorsed activities, developed to enhance team cooperation and cohesion through active challenges, watersports, workouts, nature-based activities and cultural experiences.

NUTRITION AND HEALTH



Healthy, well balance and delicious meals, designed exclusively for GreenX by Nu Yu - Australia's leading health experts.



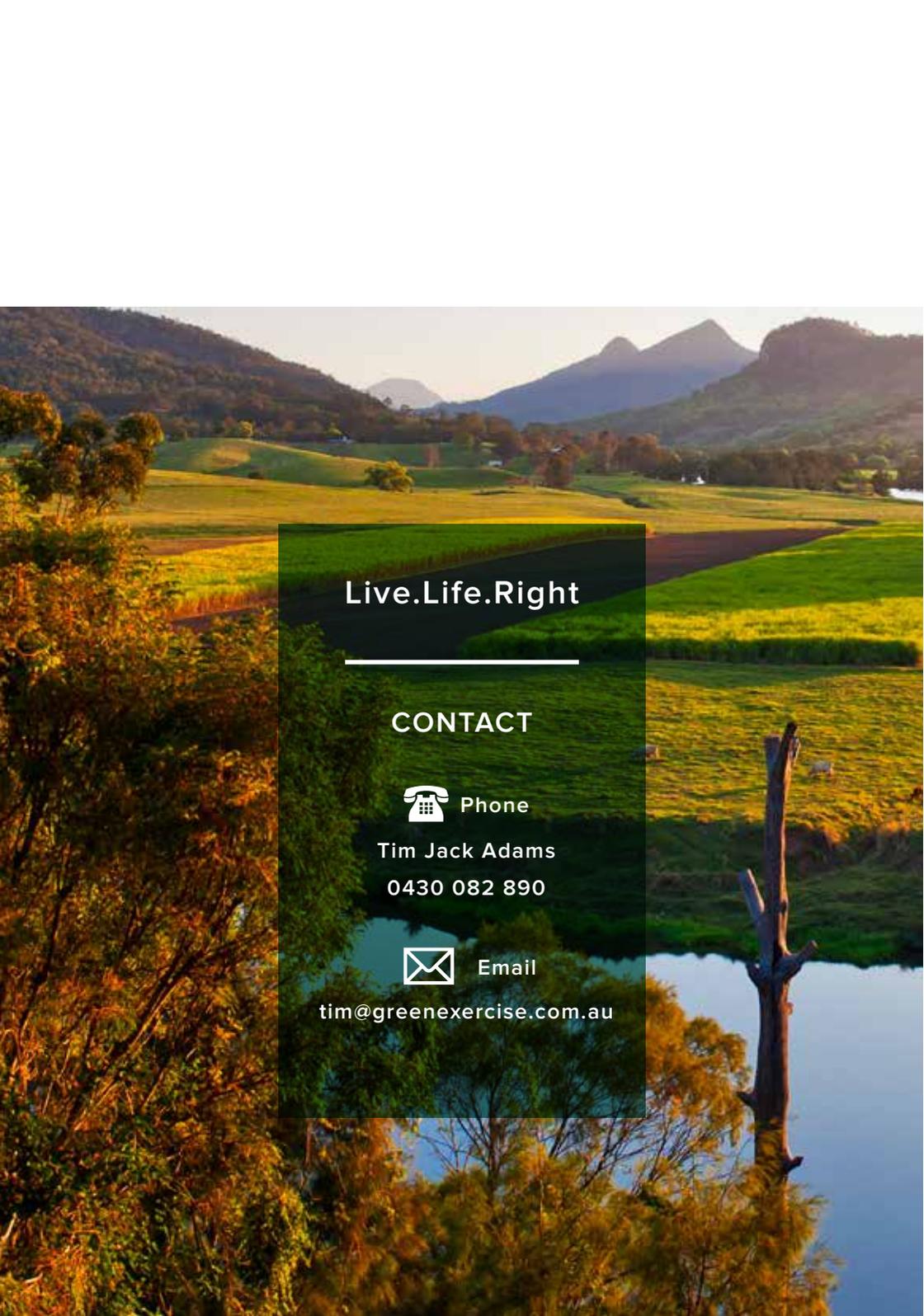
The beautiful Tweed Coast location of Salt offers the ideal setting for GreenX's transformative conference experience. The surrounding beaches, rivers, cycle ways, bushland and parks complement the resort's superior meeting facilities and luxury accommodation, expanding the conference venue into the great outdoors.



Peppers and Mantra at Salt has been selected as the first conference venue in Australia to offer the new GreenX Immersion program due to the conducive environment that GreenX principles are founded on.



IMMERSE YOUR TEAM



Live.Life.Right

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