



Health & Wellbeing

Looking after your staff means looking after
your bottom line and the best way to do
this is increase health and happiness.



\$TBA



1hr



2 / 5



5-50

Goal Setting & Mind Mapping

Benefits:

Reflect on all areas of your life—personal, family, friends, career, sport, leisure and set short and long term SMART goals.

Stretch & Meditation Beach Session

Benefits:

De-stress, rebalance, connect with nature, mindfulness, relax physically and mentally. Learn why types of stretches are best when, and some useful meditation and relaxation techniques for all situations.

Wellness Self Reflection

Benefits:

Assess own lifestyle (nutrition, movement, mental, relationships, smoking, drinking, hydration, sleep) and brainstorm techniques and methods to improve over time. Identify challenges and ways to overcome.



Chris James - A man larger than life

Chris James has presented communication, self-expression and self-awareness through the medium of the voice, globally for over 20 years. He teaches in the private and corporate sector, from the Australian Defence Force Academy, the medical profession to schools and many organisations worldwide.

Suitable for all levels of management and staff, this course aims to promote clear communication, self-care and self-awareness through the medium of the voice, expression, communication and active listening skills.

Chris is outstanding at working a crowd whether it's a 20 minute ice breaker or a 3 hour workshop.



\$TBA
 1-3 hrs
 2 / 5
 5-TBA



\$20pp
 1 hr
 2 / 5
 5-50

Yoga

Our qualified and experienced yoga gurus can instruct you through a general yoga class to create that morning wakeup call you so desire!



\$10pp
 1 hr
 2 / 5
 5-200

Beach Walk

Let our experienced local guides take you on an engaging and uplifting walk along pristine beaches, through National Parks and to one of Australia's Top 10 beaches. It's all about local knowledge.