

betreat.

EDUCATE TO TRANSFORM



FIND YOUR WAY
Coaching

WELLBEING RETREAT



ABOUT OUR COOPERATION

WHERE HOSPITALITY AND SOCIAL RESPONSABILITY MEETS MENTAL WELLBEING & PREVENTION

"People are the most important asset of any company", which is why we strive to craft experiences that inspire individuals to love their work environment and connect with their colleagues in meaningful ways by boosting employees mental health and well-being.

Betreat is your go-to solution for boosting employee engagement, fostering team collaboration, and promoting work-life balance in the most inspiring locations. Alessandra, as the founder of FindYourWay Coaching, has a strong background in communication, psychology and professional training, unifying communication trainings and wellbeing coaching with the goal of prevention;

Join one of our experiences in **Switzerland** or another **international destination** to elevate your team's productivity and well-being, while making a positive impact on the environment.



WHAT WE OFFER

01

Wellbeing Retreats

02

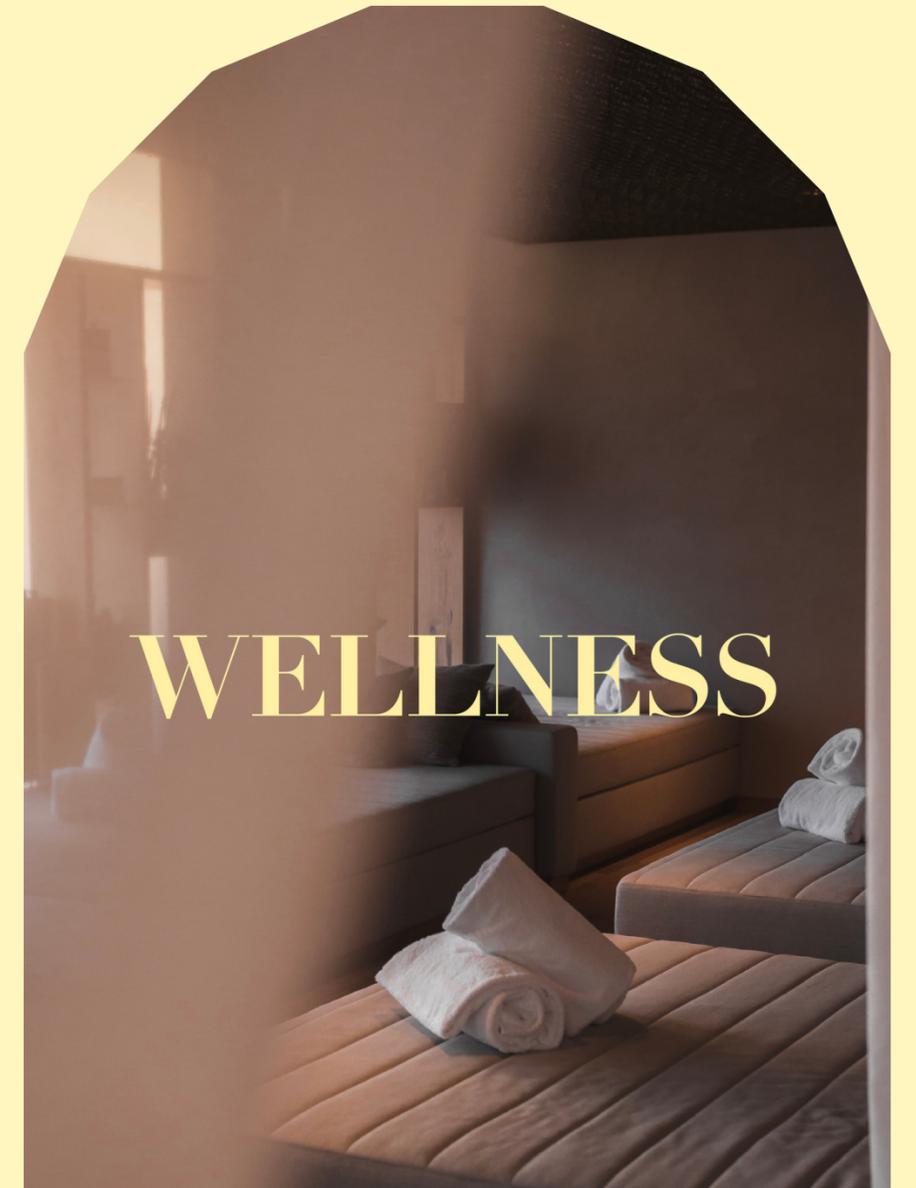
Holistic Activities

03

Nutritional Workshops

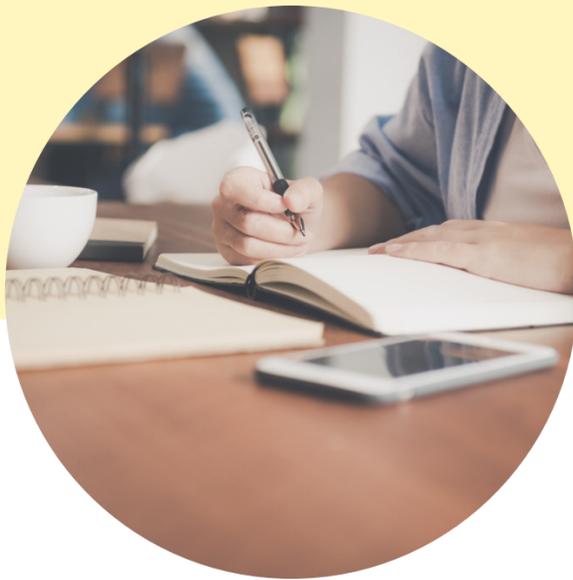
04

Corporate Event Management



WELL-BEING RETREAT

"THE ART OF SAYING NO" (ORGANIZED BY FINDYOURWAY COACHING)



Values & Priorities

- Group exercise on values; exercise FOMO versus JOMO
- Sharing round and journaling exercise



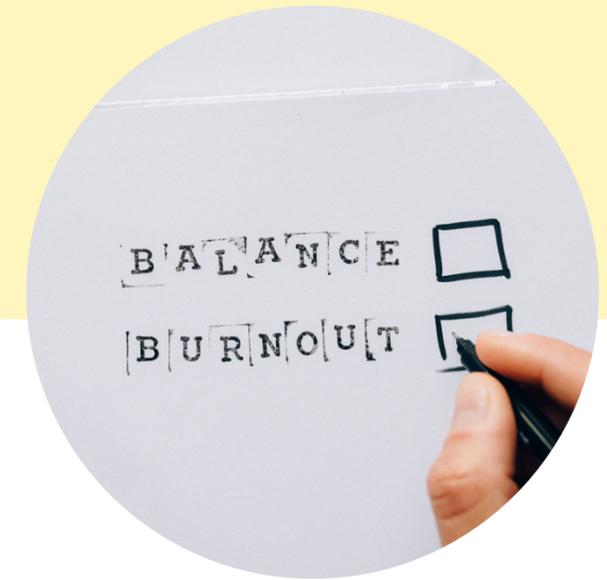
Boundaries & Communication

- OFNR methodology & techniques to say NO
- Roleplays
- Small evening homework on their own in preparation to the day after



Leadership & Decision-Making

- Roleplay start the session
- How to ask for help exercise
- If sentences- writing exercise on perfectionism



Burnout Prevention & digital health

- Case studies of NO saying and assertiveness in written communication
- Reading of book "Digital Etiquette"
- Final sharing rounds

DIGITAL WELLBEING RETREAT

"FIND YOUR DIGITAL BALANCE", ORGANIZED BY FINDYOURWAY COACHING



Self-care Group Sessions

- The Reading session
- The Journaling session
- The Guided visualization session
- The “Dolce Far Niente” session
- The music or podcast session



The Digital Awareness Group Session

- Email use and written communication stress
- Social media notifications awareness
- Taking breaks from digital
- Better Sleeping practices

HOLISTIC ACTIVITIES

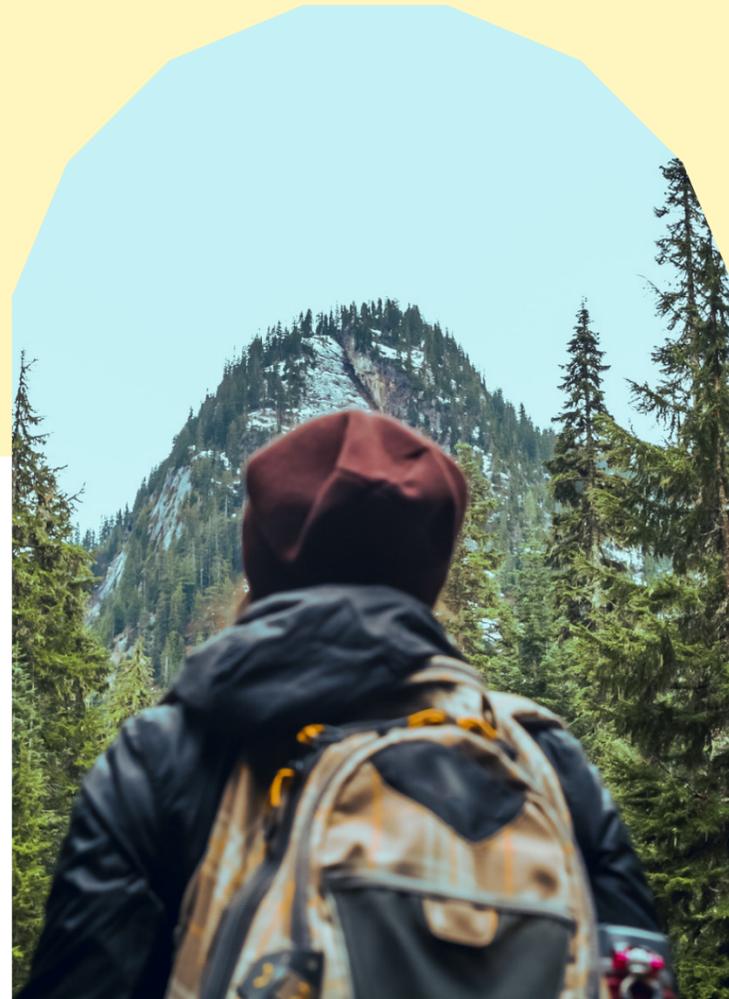
Discover inner peace and balance with our holistic activities such as flow yoga, mindful alpine hiking, and forest bathing. Our activities offer a unique experience to connect mind, body and soul.

Our flow yoga classes are designed to help you find balance and inner peace through movement and breath. Mindful alpine hiking is an opportunity to connect with nature and find tranquility in the beautiful mountains. Forest bathing, a practice that invites you to slow down and connect with the natural world around you, is a unique way to reduce stress and improve your overall well-being.

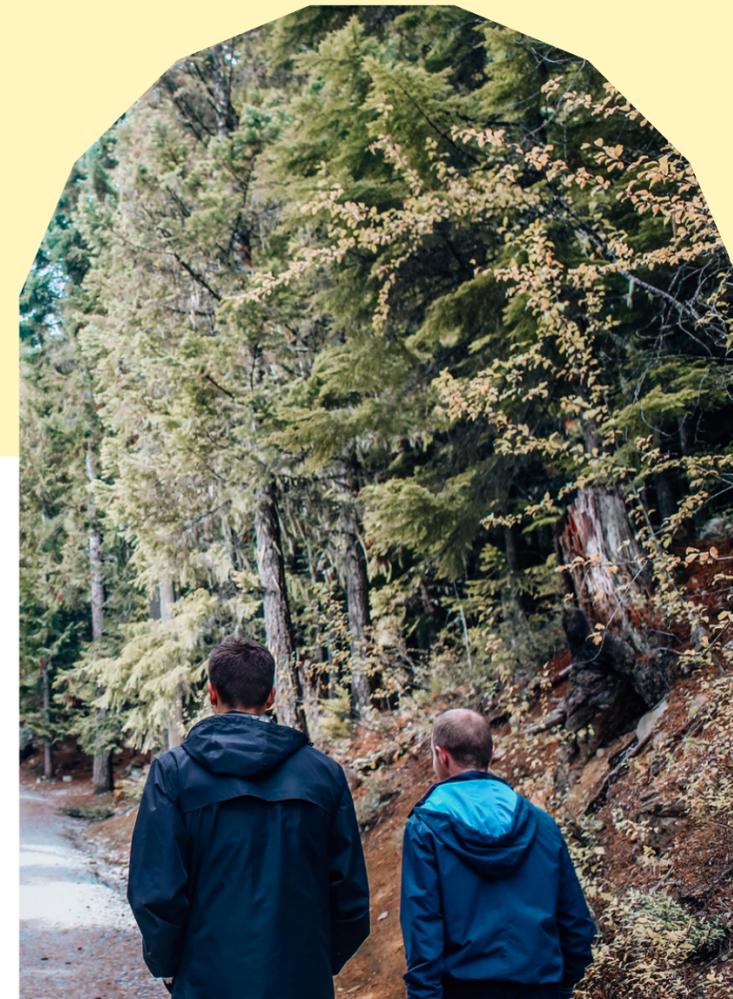
Flow Yoga



Mindful Alpine Hiking



Forest Bathing



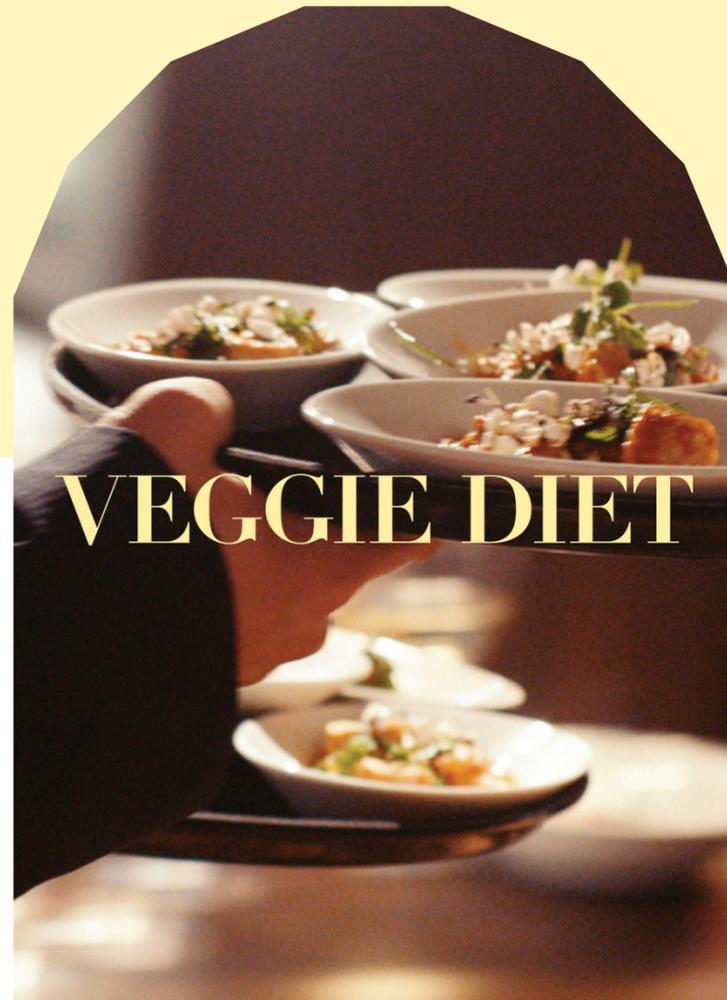
NUTRITIONAL WORKSHOPS

Our workshops are designed to be engaging and interactive, with participation through games such as menu selection and understanding food labels and packaging. We also offer fun and educational cooking challenge **team building activities**, **gluten-free workshops** and **vegan cooking classes**. By participating in our Nutritional Workshops, you will learn how to select the best foods for your body, and understand the importance of a healthy diet.

Nutritional
Team-Building



Vegetarian
Cooking Class



Gluten Free
Workshop



EVENT MANAGEMENT SERVICES



CONTACT



Want to boost your team's productivity and well-being?
Contact us now!

Betreat & FindYourWay coaching will design a perfectly tailored program adapted to your specific needs. Experience the difference and start a long-term collaboration with us.

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 betreat.ch/services

"GO BEYOND THE ORDINARY AND MAKE A SUSTAINABLE IMPACT WITH BETREAT, LABELED SWISSTAINABLE - YOUR PARTNER FOR RESPONSIBLE CORPORATE EVENTS."

