



TRANQUIL WATERS

CORPORATE WELLBEING



WWW.TRANQUILWATERSRETREAT.CO.UK

HEY!

We are Dan and Emma, husband and wife team and founders of Tranquil Waters Health and Wellness Retreat.

After being multiple business owners, trapped in the chaos of the never-ending rat race, locked in by successful business that was delivering only unhappiness and stress, we eventually took a step back. A step back that allowed us to look within, be true to ourselves and cultivate a life and business that aligned with us, our values and our dreams.

Selling our successful fitness club made space for us to unleash our beautiful health and wellness retreat and ignite a passion for helping other business owners and managers to bridge the gap between personal well-being and business growth.

With 25 years combined experience in the health and wellness sector (along with being stressed business owners ourselves for many years!), we now help others to cultivate happiness and success in themselves and their team.

“ Absolutely amazing, and highly recommended.
Dan and Emma have put together a hugely effective, and excellent value for money experience.
Better than any spa day I've done, and an invaluable investment in my wellbeing.
Outstanding, thank you. - Lynn



TESTIMONIALS

Boots

A wonderful away day to celebrate being a brand new Social, Content & Influencer team! ✨

Being part of an 'always on' team, it was important we spent time out of the office and did something for our wellbeing 🧘 a day to get to know one another, pause, reflect and set our team mantra.

Across the day we did several workshops about all things teamship, confidence and empowerment, while quieting our minds to allow for increased creativity.

Feeling very grateful to lead such an amazing team. Thank you Tranquil Waters Health Retreat for having us 🌟"

-Emily Bell, Head Of Marketing BOOTS UK



DID YOU KNOW?



"Your brain at positive is 31% more productive than your brain at negative, neutral or stressed." ~Shawn Achor

Research shows that working with a positive mindset improves performance on many levels. Productivity, creativity and engagement of people working from a positive mindset far exceeds those of their negative mindset peers.

Yet, happiness is one of the most misunderstood drivers of performance. 'I'll be happy when xxxx' is something the majority of us find ourselves thinking! 'I'll be happy when I get promoted', 'I'll be happy once I've finished this project', 'I'll be happy when I meet someone'. Seeing success as the predecessor of happiness is probably the error here.

Success is a moving target; once hit, the target simply becomes something else so the resulting happiness becomes ever elusive.

We've got this all wrong! Happiness fuels success, not the other way around! People who cultivate a positive mindset perform better when faced with a challenge.

This is known as 'The Happiness Advantage'.



DID YOU KNOW?



All these major international companies incorporate meditation and quiet time into their working day. The results speak for themselves.



Apple
SpaceX
Google
Nike

McKinsey & Co.
Yahoo!
Deutsche Bank
Procter & Gamble

Intel
AstraZeneca
Goldman Sachs
HBO



Big names you may know that practice daily meditation and quietening of the mind; Steve Jobs, Elon Musk, Jack Dorsey, Tony Robbins, Bill Gates, Bill Ford, Oprah Winfrey...the list goes on.



- 80% of Employees feel stressed, and of that number 44% feel “a lot” of stress and say they cannot cope.
- 21% of employees feel that they are engaged at work.
- 57% of employees feel undervalued in organisations and are actively looking for other options for work.
- £45 Billion - The cost to the UK economy due to staff being off work with mental health problems (stress, depression, anxiety).
- 15.8 million days of absence due to mental health.
- On average - For every £1 spent on wellbeing within an organisation £5 is repaid through reduced absenteeism and staff turnover. Not to mention the increased productivity, creativity and mental clarity that your staff will have.



SAMPLE ITINERARY

OUR INTENTION



We look forward to welcoming you and your team to our health and wellness retreat. You will be hosted by Dan and Emma, with the support of our great team - clinical hypnotherapist, Charlotte and sound healer, Becky.

Your team will have the most amazing day with us; leaving with an army of insight, having learnt some take-home methods to build confidence, become happier, less stressed and full of creativity.

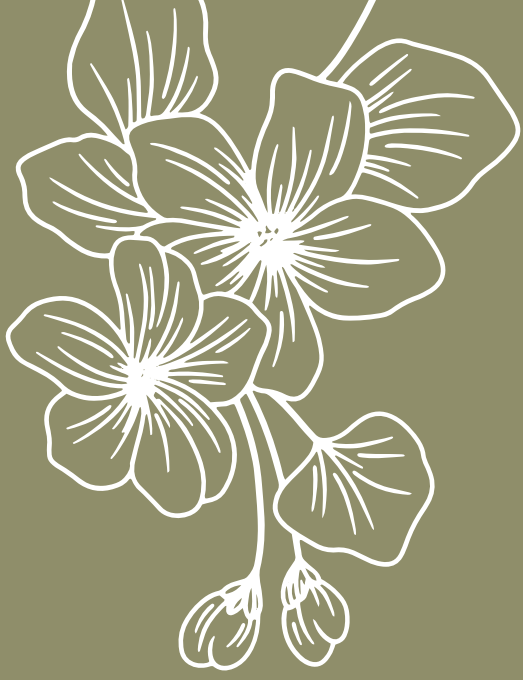
Our aim is to empower your team, teaching about the power of thought and the significant impact your mindset has on both personal well-being and business potential. Paying attention to the internal critic and gaining insight into behaviours that don't serve you, opens the door to a happier, more balanced and productive person. Your team will leave us with a greater understanding of themselves, their thought processes and their stress levels, creating a more cohesive and confident team.

We want you and your team to relax the 'thinking' and overburdened analytical mind, leaving the subconscious mind open to plant 'seeds' of confidence and watch them blossom. Your team will emerge from our retreat feeling fresh with ideas popping, confidence growing and self doubt replaced by inner trust.

Most importantly, please come with an open mind. A lot of our methods are scientifically proven and have helped hundreds of clients before you. If you start utilising the methods we teach you in daily life then we guarantee that within a month you will feel totally different and your whole perspective will change. Suddenly, you will feel 'free', no longer trapped in the chaotic rat-race but rather finding calm solace within. We can't control life pressures and other people but what we can control is how we respond to challenges.

Let's press the reset button.





THE RETREAT



LUXURY RETREAT ACCOMMODATION

Tranquil Waters is an ECO retreat based on a private 500-acre estate, embraced by nature's beauty. Explore the woodlands, with beautiful nature walks alongside the deer park. A perfect place to escape the hustle and bustle of everyday life.



Features

Our business is to take you and your team away from the rat-race for a day or few and teach the fundamentals of well 'being'.

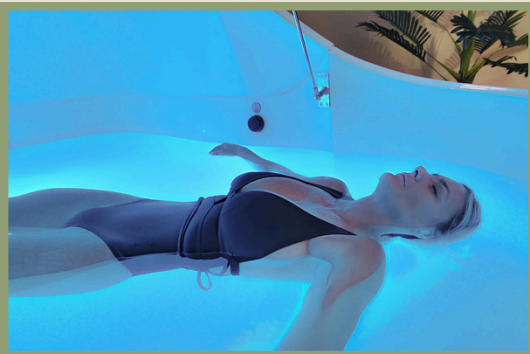
Floating away with less stress, more creativity and better output; cultivating a cohesive, productive and happy team.

If you look after your team, they will look after your business.



Sleep On It! ZZZzzzz

Rather than being thrust straight back into the rat-race you can continue to take the time out at our luxury retreat.



Individual Treatments And Therapy

Tailor your corporate retreat with individual treatments and therapies - drift effortlessly in our sensory deprivation tank filled with buoyant saltwater, promoting deep relaxation and mental clarity. This unique experience fosters stress relief and introspection.



Private Dining Option At Our On-site Bistro

Nutritious and delicious food choices to fuel your mind and body throughout your time with us.

Private dining option at our on-site bistro.

SAMPLE ITINERARY

ITINERARY

DAY ONE

9.30AM - SETTLE IN & SUPER SMOOTHIE

10-10.30 - BREATHWORK - QUIET THE ANALYTICAL THINKING MIND & TAP INTO THE SUBCONSCIOUS MIND TO BE MORE RECEPTIVE.

10.30-11.30 - INTERACTIVE WORKSHOP ON CREATIVITY, UNLOCKING THE MIND, WORKING THROUGH PRESSURE & FINDING CONFIDENCE WITHIN.

11.30-12.30 - GUIDED MEDITATION & GONG BATH

12.30-1PM - LUNCH

1PM-2PM - TEAM MEETING

2-3PM - EMPOWERED HYPNOSIS

3.15-4.15 - CRYSTAL SOUND BATH

6PM - EVENING MEAL WITH OUR PRIVATE CHEF

REST @ TRANQUIL WATERS

DAY TWO

7AM - MINDFUL NATURE WALK

8AM - COLD WATER THERAPY AND BREATHWORK

9AM - BREAKFAST

10.30AM - WORKSHOP ON STRESS MANAGEMENT

12PM - INDIVIDUAL TREATMENTS (FLOAT THERAPY, MASSAGE, AROMATHERAPY ETC)

4.15 - FINISH - FIREPIT, 'LETTING GO' AND WELCOMING IN THE NEW.



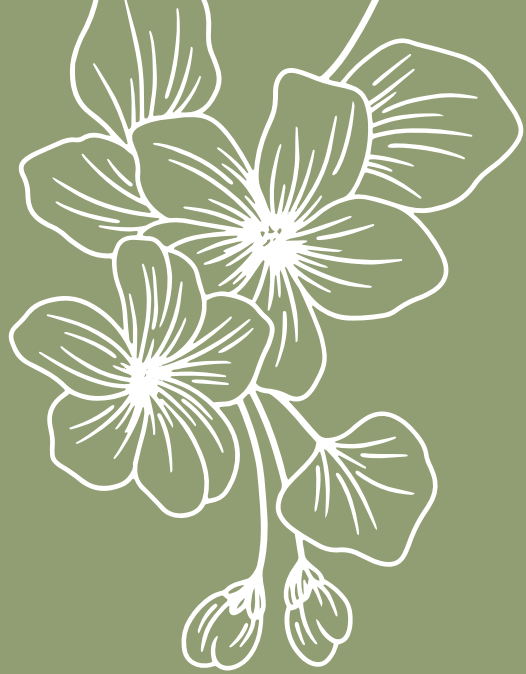


PRIVATE RESIDENTIAL CHEF

Every meal, drink and snack taken care of.

With our resident chef carefully and lovingly planning and creating delicious meals for breakfast, lunch and dinner, you can completely switch off from the responsibilities of home life. Using organic produce and creating an impressive selection of vegetarian foods, our chef will leave your taste buds well and truly satisfied.





SAMPLE MENU

CANAPES

Selection of soups

Wild Mushroom Pate with
Seed Crispbreads

Arancini on a Tomato &
Basil Sauce

Garlic & Cashew Cheese
Stuffed Mushrooms



MAINS

"Beef" & Ale Pie, served
with all the trimmings of a
roast

Moroccan Tagine served
with couscous, hummus
and flatbreads

Green Thai Curry with
Butter Beans & Jasmine
Rice Massaman Curry with
rice, naan breads, pickles
and poppadoms

AL FRESCO

Paella served with a
selection of salads, tortilla,
roasted peppers, aioli, and
breads.

BBQ serving : Burgers, Hot
Dogs, Kebabs served with
salads, dressings, roasted
sweetcorn.



Pricing Example

Corporate Wellbeing Crafted To Meet Budgets



CORPORATE DAY RETREAT - £121PP

Includes lunch & Private chef

8 hours on site

up to 25 delegates per day

*minimum cost based on 8 delegates

FULL CORPORATE WELLBEING RETREAT MON-FRI POA (UP TO 15 DELEGATES - 12 SEPERATE BEDS)

5 Days

Activities all throughout the week

Multiple workshops

Fully Catered - Private residential chef

*For more than 12 delegates we can offer alternative accomodation

INDIVIDUAL THERAPY AND TREATMENTS - £60-70

Including float therapy, massage therapy, aromatherapy, reflexology and much more.





Holistic business coaching takes the whole you into account. Because the whole of who you are (your thoughts, beliefs, feelings, experiences, worldview, values) will impact every aspect of your business.

With a combined 30 years in business, going from being multiple business owners with a turnover of over £500,000 pa with 10 members of staff, to now being more humble business owners, owning one business with no staff, we can certainly relate to you as a business owner and the stress that puts you under. We absolutely 'get it'!

The constant chase, and hunger for more, destroyed us as people. We were physically and mentally sick with stress and unhappiness. We had all the materials we could ever want but were we happy?

Absolutely not...and we see so many business owners follow the same rat-race, dead end route that we did.



What are you working so hard for? To be happy? Happiness isn't the new car you buy. Happiness comes from within, in things like being present with your children, your husband, your wife, and enjoying the time you have on this planet. Don't watch your life flash before your eyes, leaving you wondering 'is that it?'

We coach business owners in a way that bridges the gap between personal well-being and business growth. The perfect recipe for business success lies within and our coaching focuses on cultivating a life, both personal and business, that delivers happiness, presence and success.

You are around 30% more productive when you are less stressed and operating with a positive mindset.

Imagine what you could do with that 30%?

If this resonates with you, you need our help. A day of stress is another day lost.

*Take care of yourself,
and your business will take care of you* 04

LET US LOOK AFTER YOUR TEAM

We understand that you have a lot on your plate. That's why we offer an all inclusive range of well-being services to help take care of your team's health, so you can focus on the needs of your business. From themed well-being days and workshops to individual 1:1 support, counseling, and therapy.

We know that a healthy and happy team is essential to the success of your business. That's why we offer a comprehensive range of well-being services that can be tailored to your team's specific needs. Our services include:

- Health and wellness workshops
- Stress management and resilience training
- Nutrition and fitness coaching
- Mental health counseling and therapy
- Mindfulness and meditation sessions

Our team of experts is dedicated to helping your team feel their best both inside and outside of work. Let us take care of your team's well-being, so you can focus on growing your business.



Contact Us

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