



CREATE SPACE RETREATS



Build resilience and community.

We at *Create Space* design and facilitate bespoke wellness retreats and travel experiences. Our unique corporate self-care programs can be tailored for entire companies, specific teams or a group of execs. Employees are able to really focus on improving their own health and wellbeing, whilst building more meaningful connections with colleagues. Individuals can leave with some practical tools, a stronger support network, and a renewed enthusiasm for looking after themselves, and each other.



WHY A RETREAT?

Change location, and change the conversation.

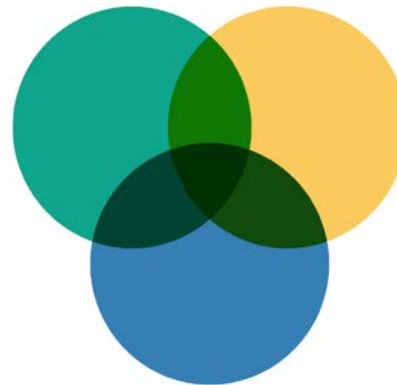
Retreats provide a complete change of pace, routine and environment. These experiences are designed to give employees the necessary time, and space, to un-wind and re-focus on their own health and wellbeing. Something that's very effective, but rarely done today.

With a renewed emphasis on self-care, and better connections with colleagues, nature and themselves, you'd be surprised how everything 'business-related' quickly starts to improve too. After all, it's the people that power the machine.

Building resilience

We understand that building resilience is a very complex and personal concept; the tools that work for one person may not be helpful to another. Our retreats are simply designed to demonstrate the variety of useful tools at our disposal, focusing on the key areas that have been consistent in literature and research published by leading mental health organisations*. These are:

- 1. Wellbeing**
- 2. Community**
- 3. Coping Strategies**



HOW DO OUR RETREATS WORK?

Inspire. Support. Educate.

Our retreats are designed to help individuals value, harness and safe-guard their most personal and profitable asset - their health and wellbeing - all while having some fun and building stronger connections with their peers.

We do this via the delivery of unique and bespoke programs; combining resilience-building and self-care orientated activities, health and developmental coaching, inspirational talks, creative workshops and team building experiences.



TESTIMONIALS



“I felt a great sense of community and connection.”

Yusuke Takahashi, Senior Comms at ***Ted Baker***



“A genuine mind-opening experience
that has stuck with me ever since.”

Charlie Palmer, Managing Editor at ***Channel 4***

Health and Wellbeing.

Our approach to wellbeing gives participants the powerful boost they need to either kick-start, re-ignite or continue on their personal wellness journey. We include everything from daily fitness classes, meditation sessions and balanced nutrition, to creative workshops, group activities and cultural experiences. We also believe that a fundamental part of wellbeing is having fun - so we hope you have some of that too!

1. Connect and build a community.



2. Health-inspired group activities.



3. Unplug from tech and de-stress.



4. Learn new tools for mental wellbeing.



5. Build important support networks.



What about ‘work’?

We understand that as a business you may want to utilise this valuable time away together to conduct some of your own private meetings, presentations or celebrations. We're of course happy to source locations with suitable indoor spaces, incorporate your meetings into the agenda and equipment should we need it.





Our workshops.

Creativity can play a huge part in a self-care routine thanks to its mindfulness-based attributes. Our bespoke creative workshops can also make your retreat a bit more playful and fun. From graffiti art and pottery, to song-writing and cooking classes, we partner with international artistic talent and leading industry professionals to deliver some truly powerful transformational experiences.

A la carte Menu

We tailor each and every detail to our clients brief to ensure we achieve any key objectives. We're happy to look into any specific requests and once we understand the group dynamics we will curate a package accordingly, with all our suitable suggestions. Some examples below...

Group Fitness Classes

Hiking
Yoga
Pilates
Surfing
Cycling
Paddle Boarding
Archery
HIIT
Dance

Creative Wellbeing Workshops

Breathwork
Mindful Movement
Intuitive Painting
Meditation
Cooking class
Script or song-writing
Pottery masterclass
Graffiti art

Other Activities

Local excursions
Guided walks
Inspirational Talks

We also offer bespoke personal growth workshops around values, resilience, purpose, change, story-telling, influence and self-awareness.

TESTIMONIALS



“With the amazing mindfulness and breathwork techniques, I felt a huge sense of calm post-retreat.”

Ben Firth, Associate Director at **EY**

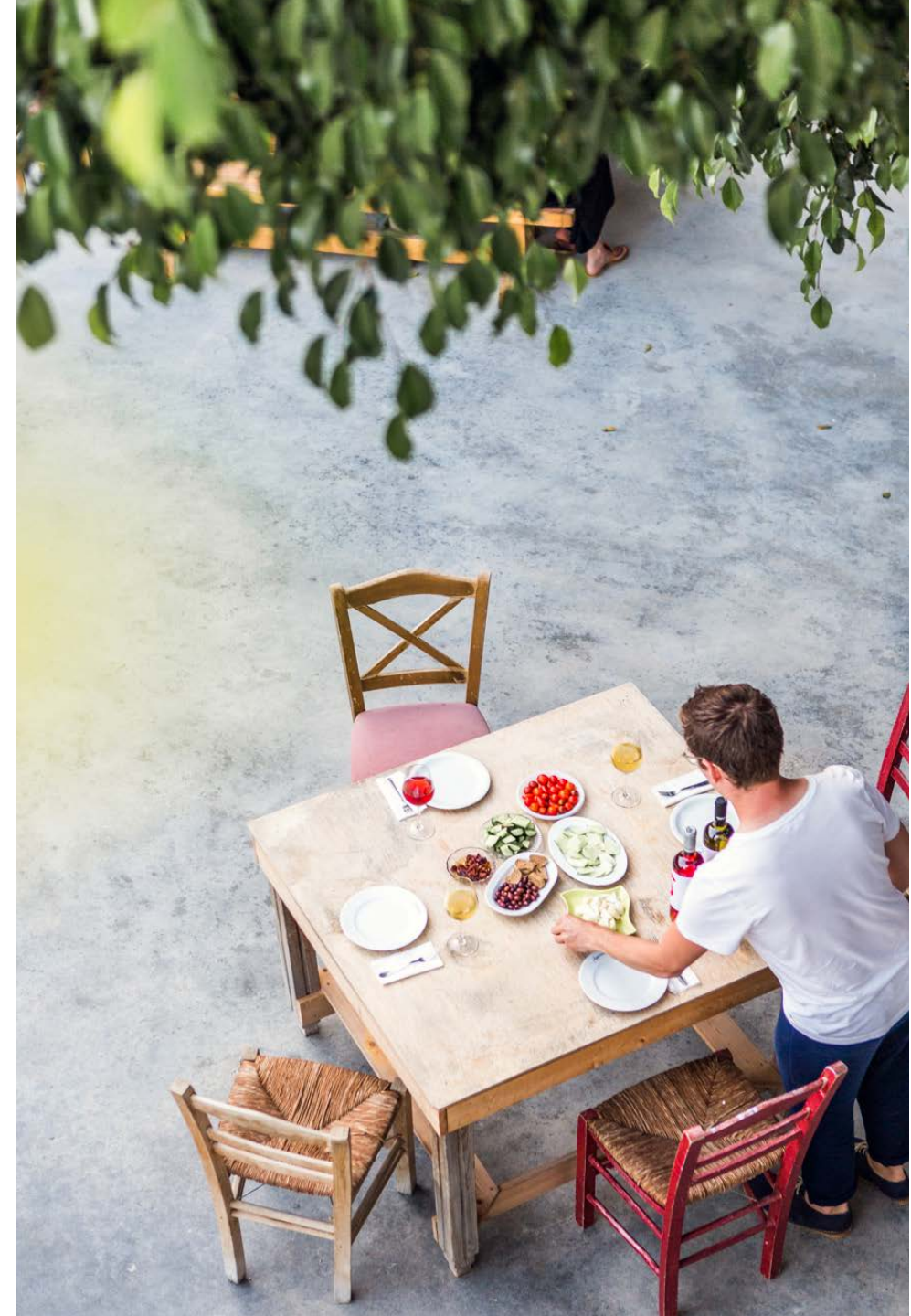


“The most amazing thing about the programme was realising how much I needed it.”

Matthew Shaw, Editor at **BBC**

And why choose us?

We have over 15 years of experience organising retreats - it's what we do. We handle everything from location scouting and travel logistics, to catering, activities, workshops and facilitation. We're here to remove the stress for you and make sure things run as smoothly as possible.





Services we provide:

- End-to-end retreat design and planning
- Location scouting, transport and logistics
- Registration platforms, medical checks and questionnaires
- Mental health supervision or first aid training
- All catering and meal plans
- Health and nutritional coaching
- Promotional assets
- Group activities and fitness classes
- Workshops and educational or inspirational talks
- Self-care take-away tool kits and information
- Photography or film requirements
- Onsite facilitation and orientation
- Pre and post-retreat workshops
- Special requests and more

Where do we host?

We're always adding to our network of suitable retreat locations all across the UK, Europe and further afield. The location however will depend on the group size, time of year, length of retreat, client brief and budget etc.

Some of our suggested destinations include:

Tuscany, Italy

Rome, Italy

Sicily, Italy

Amalfi, Italy

Barcelona, Spain

Mallorca, Spain

Andlucia, Spain

Die Märkische Schweiz, Germany

Peniche, Portugal

Algarve, Portugal

Midi-Pyrénées, France

Highlands, Scotland

Lake District, England

Devon, England

Cornwall, England

County Galway, Ireland

County Clare, Ireland

Pembrokeshire, Wales

How much does it all cost?

The cost of a retreat or workshop will depend on the group size, location, venue, time of year, length of retreat, client brief etc. We can of course tailor each retreat or workshop package according to what a client would like to include and make available to employees.

Typically Included:

- Group transfer to retreat location.
- Accommodation at retreat venue.
- All healthy 'flexitarian' meals prepared using locally sourced organic ingredients.
- Fresh fruit juices, teas and coffee available throughout the day.
- All group excursions to local villages, towns or beaches.
- All agreed workshops, classes and activities.
- Local taxes and fees.
- 10% Added staff gratuity.

Typically not Included:

- International flights.
- Individual travel or transfers.
- Any meals and beverages outside of the retreat venue.
- Additional activities, services or workshops.
- Treatments outside of the agreed scope.
- Bank transfer or credit card fees.

To give you a better idea of how much a retreat or workshop for your business might cost we've put together two example itineraries. We are more than happy to provide more example agendas and costings of previous retreats or a bespoke quote upon request.

Cornwall, England

4 DAY - EXAMPLE ITINERARY - FROM £750pp

Day 1:

12:00pm Depart London
4:00pm Check in retreat venue
5:30pm Welcome
6:30pm Dinner
7:30pm Group orientation

Day 2:

8:00am Yoga
9:30am Breakfast
10:00am Workshop
1:00pm Lunch
2:00pm Excursion / Activity
5pm Free time (Spa etc)
6:30pm Dinner

7:30pm

Presentation

8:00pm

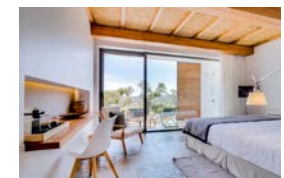
Meditation

Day 3:

7:00am Sunrise meditation
7:30am Fruit, tea and coffee
8:00am Pilates
9:00am Breakfast
9:30am Excursion / Activity
1:30pm Lunch
2:30pm Workshop
5:00pm Free time / Afternoon walk
6:30pm Dinner
7:30pm Presentation
8:00pm Meditation

Day 4:

7:30am Fruit, tea and coffee
8:00am Morning yoga
9:30am Breakfast
10:00am Check out of retreat venue
2:00pm Arrive London



Cost is per person and assuming maximum capacity is met. Based on a central London departing location.

County Galway, Ireland

3 DAY - EXAMPLE ITINERARY - FROM £620pp

Day 1:

9:00am	STN - SNN
10:30am	Arrive Shannon
11:00am	Travel to retreat
12:30pm	Lunch and activity
4:00pm	Workshop / Meeting
6:00pm	Free Time
7:00pm	Group Share
7:30pm	Dinner
9:00pm	Yoga

Day 2:

8:00am	Yoga
9:30am	Breakfast
10:30am	Workshop / Meeting
1:00pm	Lunch
2:00pm	Activity / Excursion
6:00pm	Free Time
7:00pm	Group Share
7:30pm	Dinner
9:00pm	Meditation

Day 3:

7:30am	Activity / Excursion
10am	Breakfast
11.30am	Checkout
12:30pm	Workshop / Meeting
2:00pm	Lunch
3:00pm	Free Time
4:00pm	Depart retreat
7:00pm	Arrive Shannon
9:00pm	SNN - STN



Cost is per person and assuming maximum capacity is met. Based on a central London departing location.

What's the booking process?

Step 1.



Submit a booking enquiry via our website.

Step 2.



We'll arrange a follow up call or meeting to find out more info.

Step 3.



We'll present a bespoke retreat package and itinerary.

Step 4.



Optional pre-retreat workshop to take place 1-2 weeks before.

Step 5.



Retreat takes place and optional post-retreat workshop.

Our trusted team.

We partner internationally with leading industry professionals in each sector. Each team member is a trusted expert in their field and comes with the necessary experience and qualifications.





About the founders.

Create Space was founded by brothers, Angus and Michael Stephens, born in the UK. Angus has been organising and facilitating wellness retreats across Europe for over 15 years. Michael is a mental health and wellbeing advocate for a charity in the UK.

"Self-care is so important. It's allowed us both to overcome challenging periods of personal growth, expand on our creative capabilities and redefine our professional lives. We now have the ambition to share that knowledge, passion and energy with others."

Our mission

Our unique self-care programmes, wellness retreats and workshops aim to inspire, empower, and build a more supportive, creative community. We want our guests to leave excited to continue on their own path towards wellbeing and with a connection to what's meaningful to them. Working closely with companies, our ambition is to help individuals thrive both personally and professionally.



Offsetting our footprint

A carbon offset charge of 5% the retreat cost will be applied and incorporated into the final retreat price. With this charge, you will make a contribution towards clean energy projects, like trapping methane, providing more energy efficient cooking stoves and heating systems for third world communities.

You can find the link to calculate your own carbon footprint through our website.

Who do we work with?

We work with businesses who want to invest in the long-term future of their employees; reward staff with something meaningful to demonstrate gratitude of their hard work and efforts; help them get back to peak performance after or before a busy period; take an active role in getting them inspired and motivated; cultivate a creative and productive environment for them to work; equip them with all the self-care tools they need to maintain a healthy balanced lifestyle; support them while they build personal resilience; help strengthen bonds between peers and forge connections that exist beyond the office walls; understand the value and power of real-life experiences.

If this is your business, then we'd love to work with you.

We'll help you cultivate a happier,
healthier, more creative community.

How to get in touch

For any more information or enquiries please don't hesitate to get in touch.

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