

Sample Day - 1

9:00 – 10:00

Laughter ice breaker/ team building session

10:00 – 10:30

Tea, coffee, & cake

10:30 – 12:00

Catered lunch with a selection of fresh wraps & salads (gluten free & vegan options)

12:00 – 13:00

Managing difficult situations & stress in the workplace

13:00 – 14:30

Self care session including meditation & hand massage