



HUXLEY



**The Exclusive Team Experience
& Team Development Agency.**

01603 869740
team@huxleyevents.com



www.huxleyevents.com



INVESTING IN YOUR TEAM WITH HUXLEY

Contact **your team** of experts to talk through your aims and objectives, and let us help achieve your perfect event.

01603 869740
team@huxleyevents.com

Our experiences have all been designed by our expert team who have 25+ years between them working with teams. We want to ensure you always choose the event that is most suited to **you and your team.**



ULTIMATE WELLNESS

Breakthrough barriers, limitations and doubts.

Personalities, Stress busting, Achievement

SUITABLE FOR 5+ participants
DURATION 2 Hour

Indoor/Outdoor Activity.



PERSONALITIES & BOARD BREAKING

ULTIMATE WELLNESS

The Highlights

- The perfect combination of personality & physical experience
- Get to grips with your personality style and your teams
- With a huge amount of team encouragement, it's onto a motivational board breaking experience
- Challenge you and your team to breakthrough their barriers, limitations and doubts to the next level of performance

About The Experience

Many companies now look to incorporate staff wellness into their experiences. Designed by experts, our unique twist on "ultimate wellness" will bring your team together in a completely different way.

The Ultimate Wellness Experience focuses firstly on you as a person, then your team and what they are like, and finally moves onto a motivational board breaking experience.



Personalities Pre-event each individual will complete a short survey to determine their personality profile colour. This is based on Carl Jung's colours. Each participant will be emailed their own profile, prior to the event.

On the day guests will get to explore their personality colour and how they respond in different situations. This holistic approach will help individuals be more self-aware, have a greater understanding of themselves and how they can use their personality traits in a productive way.

Motivational The second part of the experience is our motivational, hands on, board breaking experience! Can you literally break out of your comfort zones, personal limitations and take your confidence to a higher level. You will work in small groups. After a warm up to fire up your drive and determination, guests will see a demonstration. Then it's onto breaking your own! Confidence will also be boosted harnessing and cementing a winning attitude

Ultimate Wellness, Breaking Down Barriers Includes

- Pre-event guests will have completed a personality profile
- Introduction to the day from our enthusiastic team
- Exploring personalities session including fun hands on activities to further understand how we are all made up
- Motivational kick off and guests warm up
- Live demonstration of board breaking & break your own!

Set Up Time: 1 Hour | 2 Hour Event | Pack Down Time: 1 Hour



HUXLEY

The Exclusive Team Experience
& Team Development Agency.
www.huxleyevents.com

H
U
X
L
E
Y
E
V
E
N
T
S