

**CORPORATE  
EVENTS**



**CORPORATE EVENTS BROCHURE**

**WORKFORCE WELL-BEING**



***Crux Outdoors Corporate Events  
create closer business connections  
and promotes wellbeing to boost  
resilience, inspire creative  
thinking and bring balance to busy  
working lives.***

CORPORATE  
EVENTS

# Workforce Well-being

Enhancing Workforce Well-being: Experiences that Inspire, Connect, and Revitalize.

Dive into a realm of rejuvenation and holistic wellness with our Workforce Wellbeing services. Tailored exclusively for discerning professionals and organizations, our services have been the cornerstone of promoting a balanced, health-centric work environment across the UK. Through a choice of serene outdoor wellness activities, we offer a haven for teams to unwind, reconnect, and nurture a culture of wellbeing.

Our offerings span cliffside mindfulness meditation, guided wellness walks, mountain yoga, and hilltop camp-style retreats. Each experience is meticulously crafted to meet the unique wellness and team bonding objectives of our clients, ensuring a wholesome retreat from the daily hustle.

## Format

A typical day commences with a choice to drive or take a scenic train ride to our selected serene locale. Some participants may choose to group up for a light breakfast or a cup of coffee before the day's wellness activity begins. Each activity is designed to span from a few hours to a whole day, but always providing ample time to immerse in the experience, foster meaningful interactions, and promote a sense of communal wellbeing.

As our day of rejuvenation approaches its close, participants are welcomed to a relaxed setting at a local pub or café, providing a perfect backdrop to reflect, share experiences, and perhaps, plan the next wellness adventure with Crux Outdoors.



## Cliffside Mindfulness Meditation



## Guided Wellness Walks



## Activities

## Mountain Yoga



## Hilltop Retreat







# ***Cliffside Mindfulness Meditation***

Embark on a journey of tranquility and self-discovery with Cliffside Mindfulness Meditation. Under professional guidance, individuals are led into a serene state of mindfulness amidst a breathtaking cliffside setting. The distinct environment fosters a deep sense of focus and calm, allowing participants to temporarily step away from the demands of the professional world. This practice cultivates stress reduction, mental clarity, and an enhanced sense of wellbeing. The experience leaves individuals rejuvenated and better equipped to navigate the complexities of the modern workplace with a calm and focused demeanor.



## ***Guided Wellness Walks***

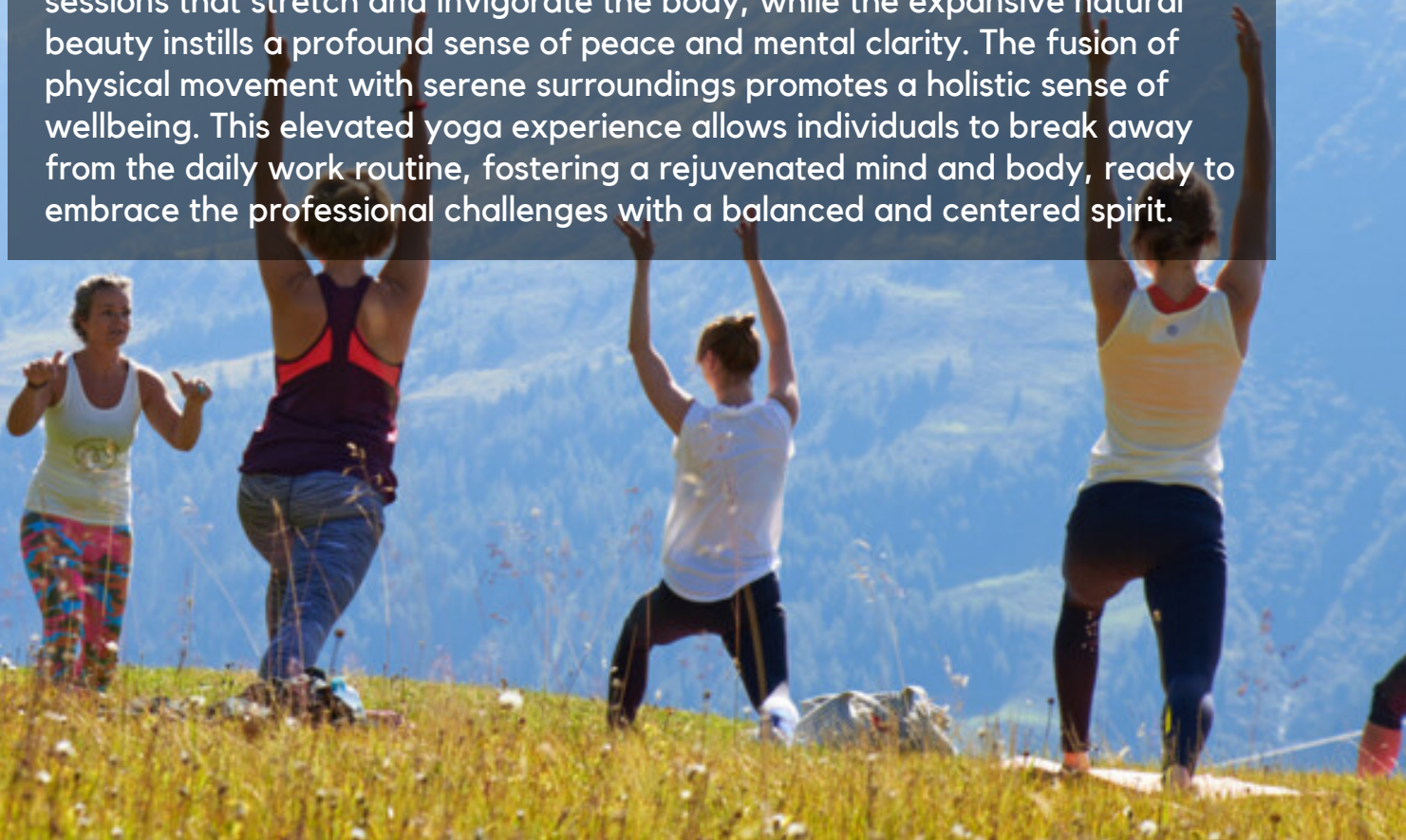
Stepping into nature's embrace, our Guided Wellness Walks offer a refreshing escape from the daily work routine. Participants are led through tranquil trails, where the natural surroundings promote a sense of peace and rejuvenation. The gentle pace of the walk, accompanied by the soothing sounds of nature, encourages reflection, stress reduction, and a deeper connection with oneself. These walks provide an opportunity to reset, fostering mental clarity and a refreshed perspective which participants can carry back into the workplace, aiding in enhanced productivity and a balanced approach to work-related challenges.





# *Mountain Yoga*

Mountain Yoga presents a tranquil retreat on a secluded hilltop, enveloped by majestic mountains and breathtaking views. Participants delve into yoga sessions that stretch and invigorate the body, while the expansive natural beauty instills a profound sense of peace and mental clarity. The fusion of physical movement with serene surroundings promotes a holistic sense of wellbeing. This elevated yoga experience allows individuals to break away from the daily work routine, fostering a rejuvenated mind and body, ready to embrace the professional challenges with a balanced and centered spirit.







## *Hilltop Retreat*

Nestled atop a picturesque hill near you, our Hilltop Retreat provides a serene escape from work's hustle. The relaxed setting, complete with a rustic pizza oven and bar, encourages unwinding and camaraderie. It's a haven for laughter, informal conversations, and shared experiences, fostering stronger bonds among team members. This retreat recharges individuals, preparing them to return to the workplace with renewed enthusiasm and a sense of unity.





# Getting started

## BRIEFING

via phone or video call

Every adventure we orchestrate is unique, tapping into a wide array of outdoor experiences beyond just established routes. Here's what we'll explore during our chat:

- Route / activity difficulty
- Bespoke options
- Location attributes
- Potential group size
- Preferred date and time
- Food and refreshment options
- What's included for guests
- Agree roles

With extensive knowledge of not only walking routes, but also cliffside locations, secluded hilltops, driving tracks, and more across the UK, we are poised to recommend the perfect adventure to fit your brief. Whether you have a clear vision or need guidance, we're here to help and advise on the array of successful outings we've curated

## BOOKING

PDF proposal sent via email

Once we've understood your requirement, we'll quickly revert with a proposal which will suggest a location, route overview (with distance, uphill and timing data), a potential schedule and of course our costs (with optional extras if required).

### Agree date & confirm booking

The important first step to confirming a booking is to agree a date. If inviting external guests, ideally you want to be allowing 8 weeks leadtime for the invitation and planning process ahead. We'll then send over our booking form including full event details to ensure clarity.

To arrange an initial consultation:-

Contact Tom Giles at:  
[tom@crux-outdoors.com](mailto:tom@crux-outdoors.com)



# Planning

## INVITES

### Preparing the list and content

No matter the audience we'll probably want to let people know they're invited as soon as possible and the one thing we definitely need you to do is produce an invitation list.

We recommend a short and sweet invitation is sent out directly from yourselves, even if a save the date initially.

We'll support on invitation copy and can help design something too. We're also happy to handle RSVPs on your behalf if you wish.

## PLANNING

### Detailed logistics & planning

Based on the original brief, we'll now be working on the granular detail of event delivery as well as contingency planning.

- Public / private transport options
- Parking arrangements
- Food & refreshment options
- Venue liaison
- Fine-tuning schedules

## HEALTH & SAFETY

### Recce & risk assessments

Behind the scenes, we'll be ensuring that colleagues and guests have a safe and enjoyable experience. New routes or activities will be subject to a recce and our risk assessment will feed into our guest packs.

## GUEST COMMUNICATIONS

### Guest pack & e-mail comms

We'll create a branded event pack and supporting e-mail comms for your approval and will share this with guests in advance of the event. We can send directly and deal with any queries if you like. We do also ask guests to sign a risk disclaimer and confirm their attendance.

- Detailed route information
- Travel advice & schedule
- Equipment list
- Nutrition & hydration advice

**All that's left is to look forward to the day itself and enjoy. See you in the countryside.**



With an extensive expeditionary background and a career spanning over a decade, Tom has guided across the globe, from the towering peaks of the Himalayas to the dense jungles of Vietnam and the vast floodplains of the Zambezi. As the founder and Managing Director of Crux Outdoors, he combines his passion for the outdoors with a commitment to crafting unforgettable experiences. Tom excels in creating meaningful connections and building communities where individuals feel both challenged and at ease. Leading by example, he knows just how to reassure newcomers or those apprehensive about their first adventure.



Join Tom in our endeavor to redefine outdoor adventures and inspire everyone to embrace the call of the wild.



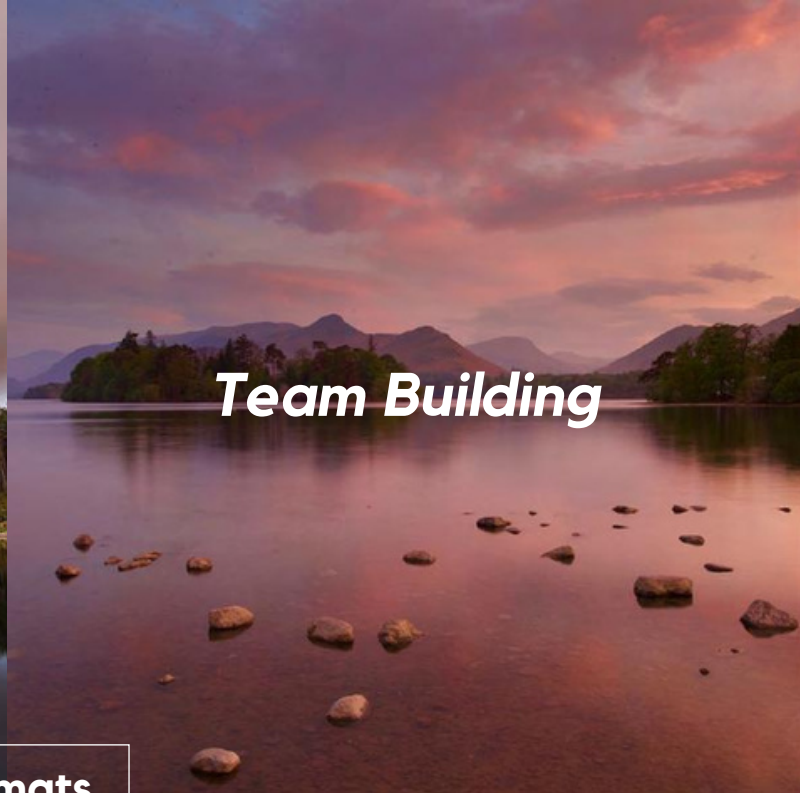
## What's included

- Initial consultation and scoping to establish the appropriate format tailored to your preferences and goals.
- Comprehensive route and logistics planning, including venue liaison and selection to ensure a smooth experience.
- Creation of a branded guest event pack & supporting communications to keep everyone informed and prepared.
- Provision of legal disclaimers, relevant Covid guidance, risk assessments, and insurances for peace of mind.
- Event management and activity supervision provided by the appropriate members of our experienced team to ensure safety and enjoyment.
- Provision of all necessary equipment and safety gear specific to the chosen activity, ensuring a hassle-free adventure.
- Emergency preparedness with essential safety equipment such as GPS devices, first aid kit, and survival bag, ensuring a safe and enjoyable experience.





*Walkshops & hikes*

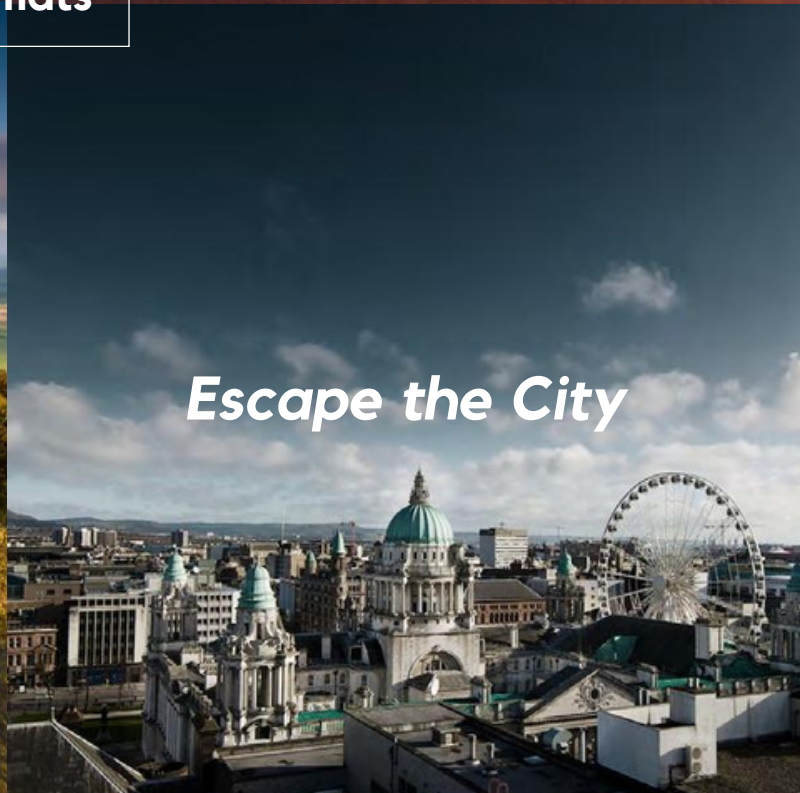


*Team Building*

**Formats**



*Workforce Well-being*



*Escape the City*



Expect a very warm welcome.

Tom Giles, Founder

E: [tom@crux-outdoors.co.uk](mailto:tom@crux-outdoors.co.uk)

T: 07481776990

W: [www.crux-outdoors.com](http://www.crux-outdoors.com)