

EST 2023



THE CORPORATE
WELLNESS RETREAT

DANIELLE MILLIS LTD

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ABOUT US

Danielle Millis is a mindset coach, business mentor and reiki master teacher. Danielle Millis LTD provides services for entrepreneurs and leaders in their field to maximise their personal and professional potential. We believe that those leading others also need valuable support in spaces that encourage creativity, wisdom and holistic wellbeing.

The Corporate Wellness Retreat is our new retreat offering designed for the leaders and employees of corporate companies that seek to enhance their most valuable assets - their staff.

OUR CLIENTS



Our retreat is designed for the valuable employees of corporate companies based in and around London, UK. Our clients are companies that deeply value their staff and seek to enhance their overall wellbeing by providing them with the tools and experiences needed to maximise their personal and professional potential. We know that being provided with a once in a lifetime opportunity such as our retreat can revolutionise an employees holistic wellbeing which can have numerous benefits for their company and so we provide an avenue to invite heightened creativity, problem solving skills and staff retention within your office.

"When you love what you do and are deeply valued, the possibilities for success are endless" - Danielle Millis

THE RETREAT

The Corporate Wellness Retreat focuses on improving the overall wellbeing of 10 or 21 corporate employees per retreat. Thus our four day weekend retreat boasts the most luxurious locations within Sussex, UK which all include spa facilities as well as an in house chef that provides a bespoke ayurvedic diet for each guest, a photographer/videographer present throughout the retreat and uniquely tailored workshops for holistic leadership success with world renowned practitioners.



THE VENUES

The stunning Fair Oak Farm in Mayfield East Sussex hosts up to 17 guests with their own bedroom and up to 21 guests with the option of some guests sharing a room. This venue has incredible amounts of character and is surrounded by miles of natural beauty, making it a perfect location for smaller groups wanting to attend *The Corporate Wellness Retreat*.

This venue is subject to availability.



FAIR OAK FARM - MAYFIELD EAST SUSSEX

This venue features a sauna, a treatment room, quirky and eco-friendly buildings to stay in as well as an outdoors games room and plenty of spacious communal areas for the daily activities.

THE VENUES

The most beautiful venues around Sussex that host 10-21 guests are an option for accomodation for *The Corporate Wellness Retreat* and are selected based on guest capacity, requirements and seasonal availability.

All of our private rented venues are booked through one of our partnering marketing agencies and are selected based on availability and suitability.



PRIVATE RENTED VENUES - SUSSEX

All of our private rented venues will feature scenic views, unique and luxurious interior, spa facilities and spacious communal areas for the daily activities.

Most of our retreats enable guests to have their own room but for larger bookings there may sometimes be a need to offer shared rooms for some of the guests unless this is not desired by the client and this should be stated upon booking.

THE SCHEDULE

N°6

This schedule may be subject to change throughout the seasons.

FRIDAY

4PM - 5PM

Arrivals - Ayurvedic
Philosophy Workshop
- *Yaeli Stern*

5PM - 6PM

The Well-being
Connection Hour -
Sam Rehan

6PM - 7PM

Calling In Holistic
Success
- *Danielle Millis*

7PM - 8PM

Group dinner

SATURDAY

8AM - 9AM

Group breakfast

9.45AM - 11AM

Group meditative walk

11AM- 12PM

Free time

12PM- 1PM

Group lunch

1PM- 2.30PM

Cultivating Your
Winning Mindset
-*Danielle Millis*

2.30PM- 3.30PM

Free time

3.30PM- 4.30PM

Yoga/ meditation
- *Nikki Campbell*

4.30PM- 5.30PM

Creative Expression
- *Danielle Millis*

5.30PM- 6.30PM

Free time

6.30PM- 7PM

The Well-being Hour
For Leaders -
Sam Rehan

7PM- 8PM

Group dinner

SUNDAY

8AM - 9AM

Group breakfast

9.45AM - 11AM

Yoga For Leaders
-*Nikki Campbell*

11AM- 12PM

Free time

12PM- 1PM

Group lunch

1PM- 2.30PM

Self-awareness &
Emotional Intelligence
-*Danielle Millis*

2.30PM- 3.30PM

Free time

3.30PM- 4.30PM

Group Meditation
- *Danielle Millis*

4.30PM- 5.30PM

Free time

5.30PM- 6.30PM

Creative Writing
- *Danielle Millis*

6.30PM- 7PM

Free time

7PM- 8PM

Group dinner

MONDAY

7AM - 8AM

Laughter Yoga
- *Sam Rehan*

8AM - 9AM

Breakfast

9AM- 10AM

Free time

10AM- 11AM

Gratitude Workshop
- *Danielle Millis*

11AM

Departures



Nikki Campbell

After practicing yoga for the majority of my adult life I know how beneficial it can be. Coming from a HR background has been an invaluable part in my yoga journey, I understand the importance of employee well-being and fostering team connectivity, productivity and job satisfaction. It's this experience combined with my passion for yoga that became the foundation for Yoga Align, my corporate yoga and mindfulness business with a goal of normalising well-being in the workplace.

yogaalign.co.uk



Sam Rehan

Known as The Well-being Motivator with 23 years' experience as a corporate trainer and wellness professional, Sam delivers wellness group workshops, talks, and lunch & learns for corporate leaders. Having authored a health book and delivered corporate training in over 32 different countries, Sam's impeccable skill and world renowned reputation has seen her featured in The Sunday Times, The Metro, Daily Express, BBC Surrey and The Week Junior.

samrehan.com



Jo Thorne

Inspired by light and connection, I use my camera to tell stories of brands, events, weddings, families, and portraits. Using light to narrate the story and shadows to create moody hues, my style is candid, sensitive and unobtrusive. I gravitate towards shooting barren landscapes, honest portraits, and beautifully designed spaces. I prefer natural light over studio lighting, and I am always up for a hike to shoot in an interesting location. I feel at home exploring both new and familiar places.

jothornephotography.com



Yaeli Stern

Yaeli is an Ayurvedic practitioner and personal chef catering for private events and retreats as well as a health enthusiast and educator. She has been in the natural health field for over 15 years and supports her clients to eat healthier and more plant based foods in line with their personal health needs and taste preferences. Along with Ayurvedic cooking and natural health, Yaeli is a student of astrology and has a passion for helping people come into alignment with themselves and their purpose.

facebook.com/thedelightfulexpress

THE BENEFITS

01

Physical benefits of your employees attending our retreat include:

- Implementing a healthy diet that is suitable to the individual can remove many unwanted physical ailments.
- Physical exercise during the retreat enables the reduction of stress and excess weight loss.
- Increased flexibility and physical performance.



02

Mental benefits of your employees attending our retreat include:

- Increased sense of relaxation and a positive mental attitude.
- Ability to remain focussed for longer periods of time.
- Increased self-awareness leading to greater clarity within the mind and space for creative thinking.



03

Emotional benefits of your employees attending our retreat include:

- They experience a high-level of community & connection which leads to an increase in emotional wellbeing.
- Increasing in emotional intelligence by becoming more aware of what their emotions mean and how the body communicates that to the individual leads to greater emotional resilience.
- Emotional satisfaction leads to greater results in all areas of their life.

THE PRICES

N°9



GROUPS UP TO 10:

£1600 pp

GROUPS UP TO 21:

£1500 pp

The set prices remain the same during off-peak and peak seasons.

D A T E S

NOVEMBER

24th-27th 2023

DECEMBER

8th-11th 2023

JANUARY

12th - 15th 2024

MARCH

15th - 18th 2024



B O O K I N G

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Other dates can be made available for you and your team where necessary, simply email us with your preferred dates.