



Corporate Retreats

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RECONNECT ON THE COAST

Surrounded by beautiful beaches and bushland, Anglesea is the perfect destination to escape routine and immerse in natural wellness. Connecting with nature, as well as time for mindfulness and relaxation, will free up space in your mind for fresh ideas and creative thinking.

Let us design a flexible schedule to suit you and your team, including customised retreat sessions and unique outdoor activities, guided by our experienced facilitators.

Our Corporate Retreats are perfect for...

- Leadership and executive teams
- Department or faculty
- Reconnecting as a team
- Small and large businesses
- Staff reward and incentives
- Building & strengthening as a new group
- Project teams

Warning: Aboriginal and Torres Strait Islander people should be aware that this brochure contains images of deceased persons.



WHY CONSIDER A CORPORATE RETREAT?

- Take care of your team's well-being
- Improve team culture and job satisfaction
- Develop your leadership skills with our experienced facilitators
- Take time out to reset, to improve performance & productivity
- Find balance in your personal and professional life
- Foster and strengthen workplace relationships
- Clear your mind for fresh ideas and creative thinking

WHY CHOOSE US?

- A dedicated Corporate Retreat Coordinator will work with you to design a fully customised retreat, tailored for the unique needs of your business or delegates
- Beautiful location and facilities on the Great Ocean Road in Anglesea, including luxury day spa, local produce restaurant, conference facilities and boutique accommodation
- Specialist speakers and therapists, including wellness educators for professional development and corporate well-being
- Interactive sessions and workshops specifically designed for your team to achieve their retreat goals



Our Venue

Our resort provides the perfect relaxed coastal setting to step away from your busy day-to-day schedule. Fresh air, natural light and an abundance of greenery flow throughout our facilities to help clear your mind and allow you to explore new ideas. Be inspired in beautiful indoor and outdoor spaces designed for mindfulness, relaxation, creativity and leisure.

All corporate retreat groups have access to our conference facilities, should you require private use of our flexible meetings spaces for retreat sessions or business meetings.



LOCAL FACILITATORS

We work with a number of local facilitators, highly experienced in corporate wellness, leadership and management, mental health, mindfulness, nutrition and well-being.

We will help you select the right fit for your retreat to align with your team's goals. See our website to learn more about our inspiring speakers and *Facilitators*.

MICHELLE MOLONEY

Michelle is our corporate wellness director with over 20 years of experience in the spa and wellness industry, bringing invaluable knowledge to our spa team. An experienced educator, facilitator and spa therapist, she is devoted to helping individuals and organisations realise the benefits of wellness in their personal life and workplace. Michelle has carefully designed corporate wellness sessions that will inspire, empower and enable professionals to achieve their best.



JANET WALTER

Janet is a leadership facilitator, executive coach and keynote speaker with 15 years' experience. If you would like to engage and develop your team, talent or leadership during your conference or retreat, Janet will carefully design a program with just the right focus, tone and outcomes. She brings over 1000 hours of facilitation experience including working with clients such as ANZ, NAB, CSIRO, Engineering Education Australia, and Agilent Technologies.



JO SURKITT

Jo Surkitt is a wellness educator, key note speaker and practitioner. Jo has over 18 years of experience running Professional Development and Corporate Health programs, as well as Health and Wellness retreats in the region. Programs are specially designed to fit the individual needs of your business as well as your time and budget.



JO HAND

Jo is a qualified practitioner of Nutritional Medicine and Kinesiologist at Lux Spa & Wellness. Her gentle and caring nature instantly has clients feeling calm and comfortable. Jo is dedicated to helping individuals discover what is holding them back. Sessions can be targeted to improve specific areas of focus such as stress, anxiety, sleep quality, gut health, hormone health, behavioural issues, pain and discomfort, headaches and jaw pain or general well-being.



THE COAST RESTAURANT

The Coast offers a unique local dining experience using only the highest quality local ingredients. Designed by our Executive Chef, our menu features modern Australian cuisine.

Complementing our local produce menu are some of the region's best wines and craft cocktails from our local distilleries including Great Ocean Road Gin and Timboon Distillery Whisky.

PRIVATE DINING ROOM

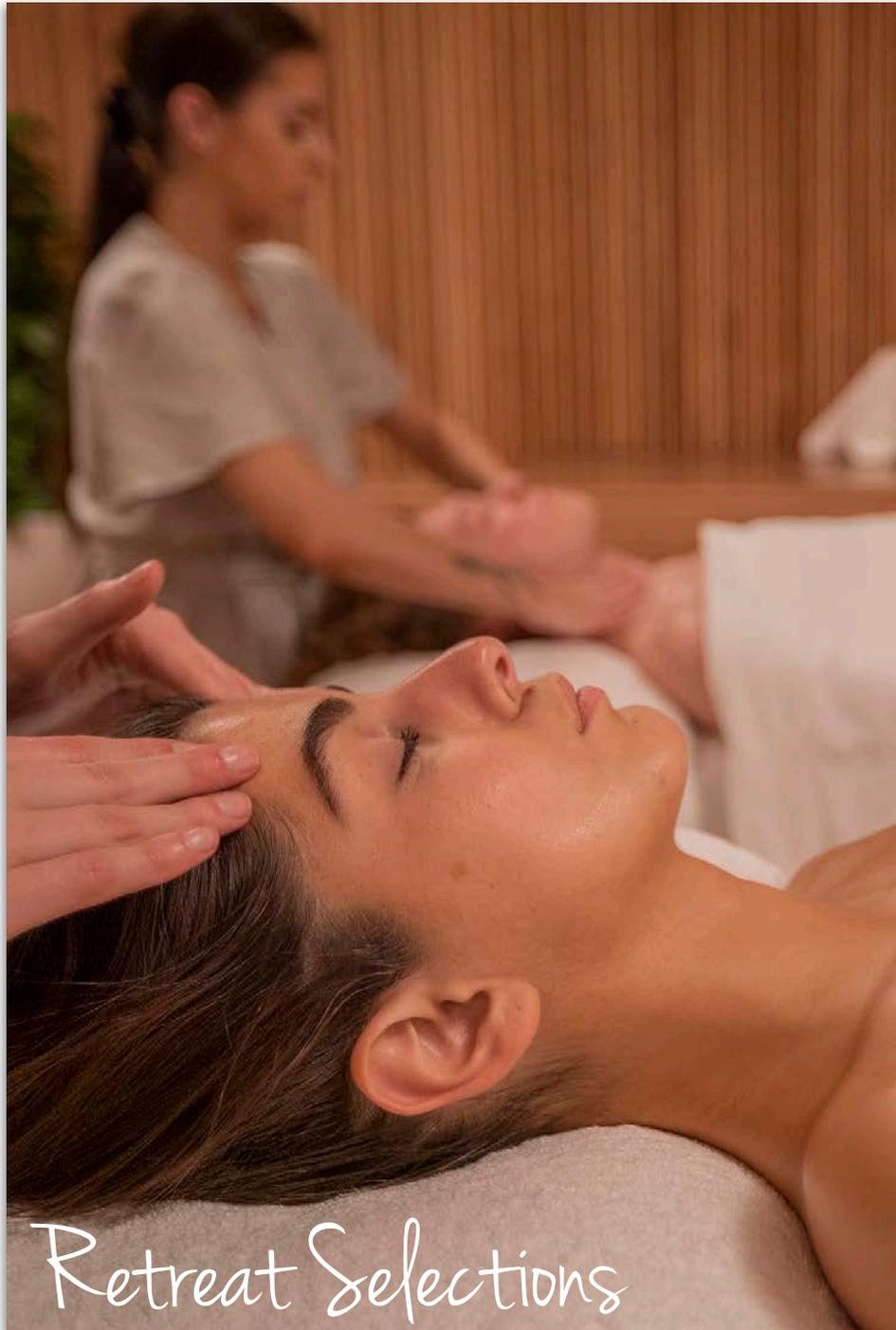
Modern and elegantly styled, our separate dining room provides the privacy you need. A bespoke timber banquet-style table caters for up to 24 guests. Our dedicated waitstaff provide an exceptional service, with customised food and beverage packages available depending on your style.



Spa & Wellness

LUX SPA & WELLNESS

Unwind and escape the noise of the outside world in our luxurious day spa. Renew your body and mind while relieving stress, with our indulgent and restorative therapies. Beautifully presented gift vouchers are perfect for staff incentives, to use during their stay, or so they can come back and rejuvenate whenever they like.



LUX SPA & WELLNESS TREATMENT (1.5 - 3 HRS)

The focus within all of our spa treatments is to help reduce stress commonly linked to the modern workplace, reducing muscle tension, fatigue, stress and anxiety. Our therapeutic massages target these concerns, whilst divine body treatments and high performance facials provide exceptional results for your skin.

- High Performance Facial with LED
- Relaxation Massage
- Body Treatment
- Infrared Sauna
- Wellness Therapy (Reiki & Kinesiology)



GROUP MINDFULNESS SESSION (1 - 2 HRS)

These sessions will focus on mindfulness and meditation techniques, general stress management and tapping tools which you can use yourself at home to calm the busy mind, and relax into the moment. Sound healing will switch the frequency of your nervous system to a more relaxed state.

- Sound healing & guided meditation
- Outdoor nature movement
- Yoga (indoor or beach location)
- 'Back to Calm' mindfulness workshop



TAILORED RETREAT WORKSHOP (2 HRS)

One of our experienced local facilitators will design a workshop that aligns with your business. These sessions are tailored to suit the needs of your team. Below are some of the sessions our facilitators can offer:

- Positive psychology & mindset
- Profiling personality, leadership traits
- Mastering your time & work-life balance
- Building resilience to create great leaders & employees
- Building better relationships & engagement within the workplace
- Nutrition for increased energy & concentration
- Combatting stress & burnout
- The Lifestyle Load (how to know when it is getting too heavy)



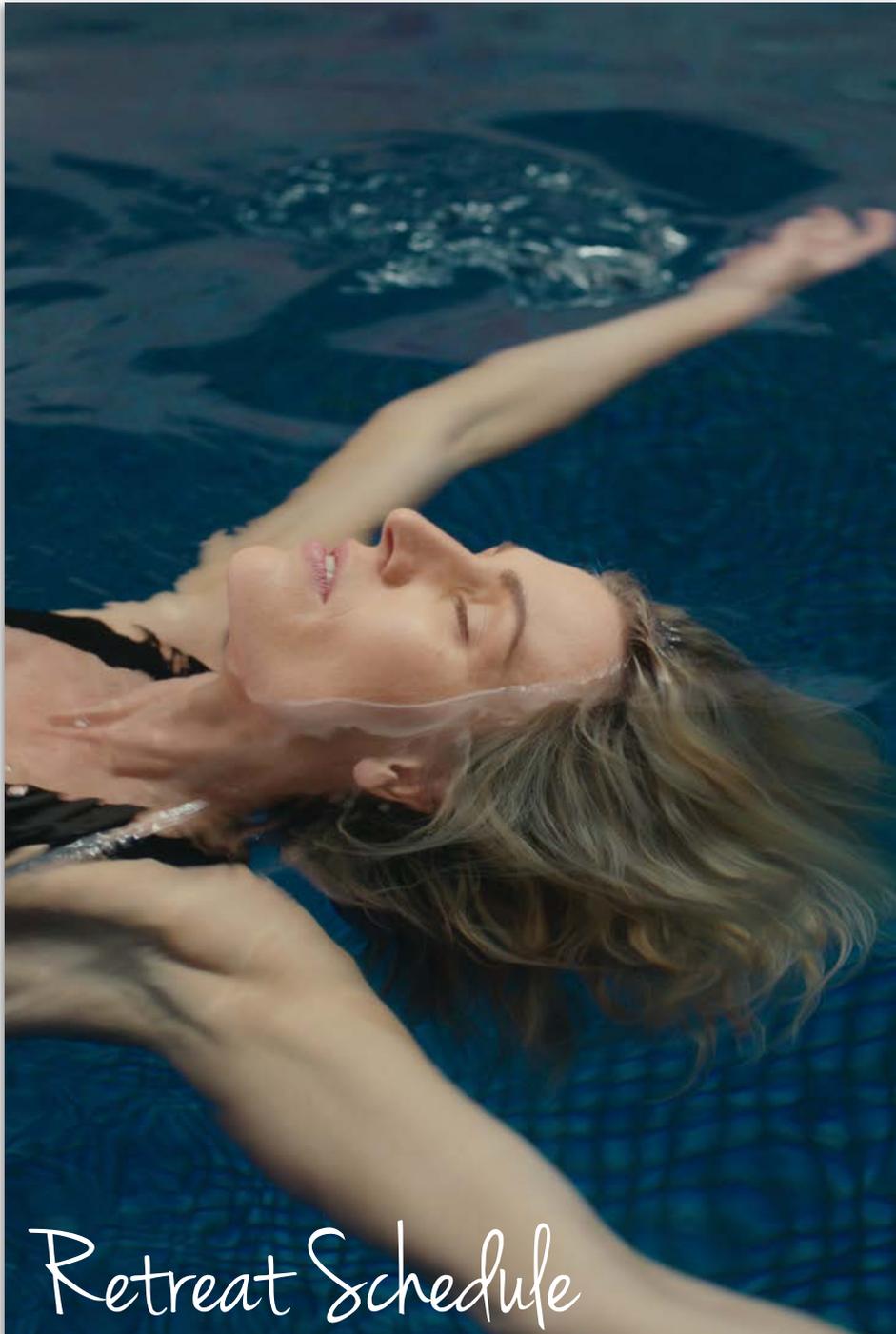
NATURE-BASED ACTIVITY (1 - 2 HRS)

- Local guided nature walk
- Indigenous sand art & storytelling workshop
- Mountain bike riding
- Learn-to-Surf, stand-up paddleboard or kayak
- Guided horse riding
- Local community support program



ONSITE ACTIVITY (1 - 2 HRS)

- Local gin or whisky tasting at our fire pit
- Cocktail-making class
- Problem solving / group initiative games
- Indigenous experience & education



Retreat Schedule

Our suggested retreat schedule can be customised to suit your requirements including session times or business meetings that require access to our conference and meeting facilities.

SAMPLE 2-NIGHT SCHEDULE

DAY 1

12noon

Arrive at the resort and be greeted by Michelle, our Wellness Director, for tour of the resort
Lunch at our onsite restaurant, The Coast, in our private dining room

12:30pm - 1:15pm

Customised retreat workshop

1:30pm - 3:30pm

Onsite activity

4pm - 5pm

Leisure time (including use of indoor heated pool, gym and tennis court)

5pm

Dinner in our private dining room

7pm

DAY 2

7am - 8am

Morning yoga session

8:30am - 9am

Nourishing breakfast

9:30am - 11:30am

Outdoor nature based activity

12pm

Group lunch in our private dining room

12:30pm - 2:30pm

Tailored retreat workshop

3pm - 5:30pm

Indulgent spa treatments at Lux Spa & Wellness

5:30pm

Leisure time

7pm

Dinner in our private dining room

DAY 3

7am - 8am

Morning yoga session

8:30am - 9am

Nourishing breakfast

9am - 10am

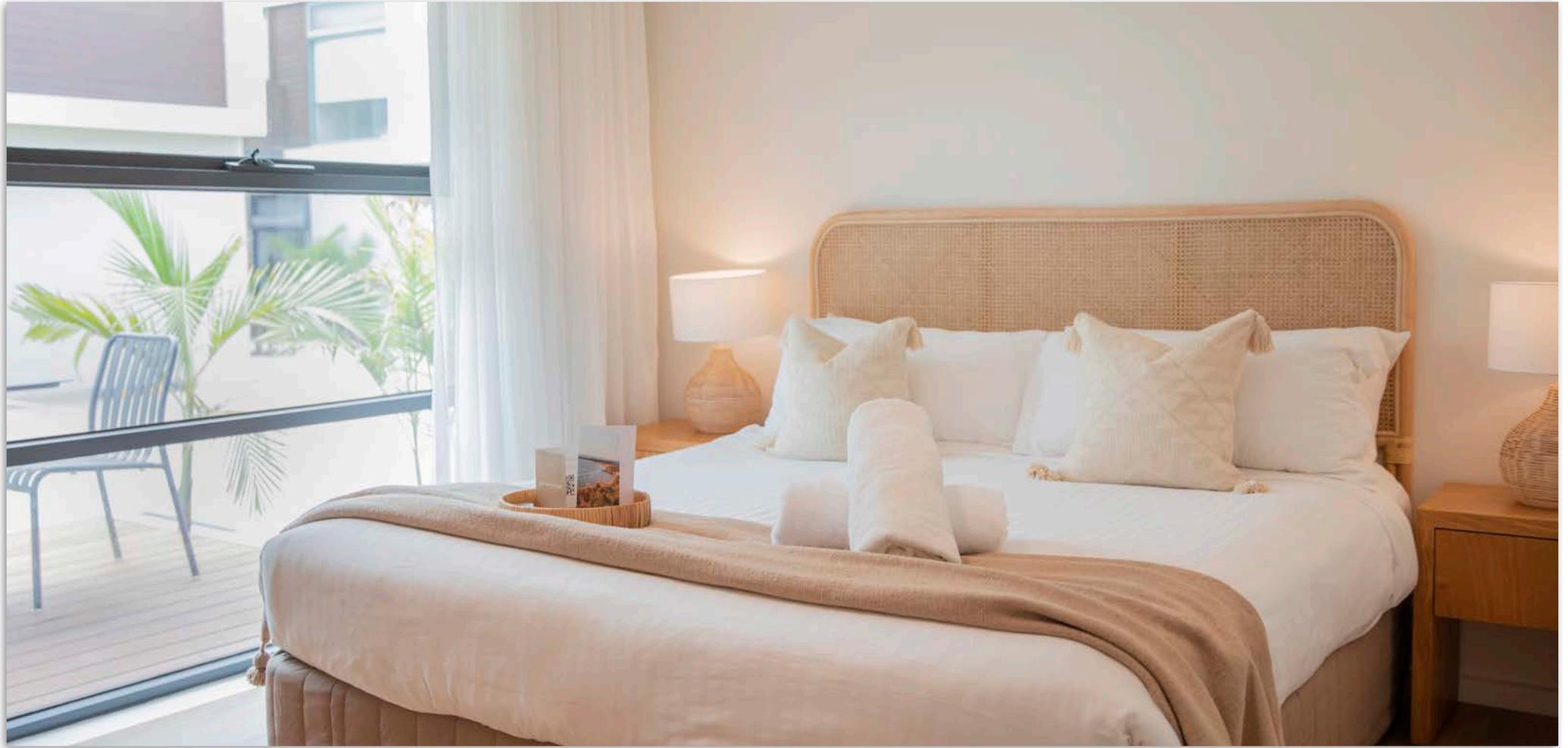
Group mindfulness session

10am

Leisure time

12noon

Check out



GET IN TOUCH WITH US

All of our retreats can be customised to suit your needs. Contact us today and our dedicated Corporate Retreat Coordinator will help you design a retreat that is perfectly suited for your team at Great Ocean Road Resort. Visit [Corporate Retreats](#) and fill out the enquiry form to start planning.

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