

Forest Bathing

A team building and connection day with a difference.

A day spent out of the office to build connection, wellbeing and performance.

Best facilitated with groups of 20 employees, the forest bathing day includes:

- A walk in Kuinto Forest and a 'forest bathe' (being in the presence of trees). The Japanese practice of forest bathing is proven to:
 - lower heart rate, blood pressure and anxiety
 - reduce stress hormone production
 - boost problem-solving ability and creativity by 50%
 - improve immune function, sleep and mood
 - improve overall feelings of wellbeing.
- A lunch and learn '*leadership wellbeing workshop*' facilitated by Katrina Webb. Held at Fox Gordon Winery in Kuinto Forest, this experience is tailored to your team and organisation's needs.
- Optional wine tasting to end the day.

Investment: \$4,000 + GST per day for 20 attendees (includes catering).

**FOX
GORDON**
Made for living.

KATRINA WEBB

info@katrinawebb.com.au



About your hosts...



ABOUT KATRINA WEBB OAM

As an Australian sporting legend, Katrina Webb is no stranger to a Gold medal podium or a star-lit stage. She has received awards and medals most athletes only dream about. Despite this success, her journey hasn't always been easy.

Today, Katrina is an international speaker, leadership and personal mastery consultant, trainer in wellbeing and resilience and a physiotherapist. Katrina helps people to realise their full potential through unlocking self-mastery, performance wellbeing and whole leadership.

ABOUT FOX GORDON

Fox Gordon was founded to live the dream of producing premium wines from the Adelaide Hills. Situated on 150 acres of breathtaking vineyard at Kuitpo Forest in the Adelaide Hills and overlooking the world famous McLaren Vale, Fox Gordon delivers a wine experience that will be forever remembered.

"Fox Gordon products are vessels to greater things. Greater wellness, greater memories...a greater you. Because at Fox Gordon, we take the passion we have for seeing our family live its best, most beautiful life and pour it back into our lifestyle properties so that our guests can do the same."

What people are saying

"As a society we have experienced uncertainty and a higher-than-normal load over the last few years and unfortunately it appears to be our new normal. Our team is no exception, in fact, their workload has been the most demanding experienced over many years in the organisation and we still have some significant challenges ahead of us. Our Forest Bathing Day could not have come at a better time.

We started out a little uncertain of what our 'forest bathe' would entail, but our uncertainty soon dissolved as we became immersed in the beautiful Kuitpo Forest, ably guided by Katrina and Gabrielle. It revealed itself as an opportunity to build a conscious awareness of our stunning natural surroundings, and to increase our understanding of our physical and mental wellbeing connection.

It was a very restorative day, delivered in a safe and peaceful environment that enabled us to unwind, self-reflect and connect with nature whilst learning new tools for supporting our best selves. We felt incredibly energised at the end of the day and have reflected on lessons learnt over the proceeding weeks, practising to maintain the take aways to support ongoing mental and physical wellbeing. We even installed an air-diffuser in the office with beautiful forest essential oils to help reconnect us with our memories of the day.



As leaders of the group, investment in our team's mental well-being is paramount and our Forest Bathing Day was money and time well spent. We would happily recommend to others and look forward to bringing our team along to a future forest bathing session."

**Cassandra Durdin, Head of Operations Planning
Nicole Dudley, Planning Team Leader
SA Power Networks**