



Course Outline:

“People spend a significant proportion of their lives at work, and often their jobs bring meaning and structure to their lives. In fact, work may dominate the lives of many individuals. Because work is a central aspect of many peoples’ lives, it generally is recognised that individuals should have a safe and healthy work environment” (Tetrick & Campbell Quick, 2003, p. 1).

The well@work executive retreat programme is an opportunity to re-vitalise your most important members in your organization by providing them with a unique opportunity to link learning with leisure in beautiful Mediterranean surroundings. The programme is managed by professionals in their field and hosted in luxurious and yet relaxing environment. The well@work programme has been specifically designed for dealing effectively with work and well-being issues.

Our 2 full-day intensive programme will:

- 1) Enable participants to learn more about their personal resources in dealing with debilitating demands at work
- 2) Provide interesting insights to participants about re-designing their work context to improve performance and reduce unnecessary stress
- 3) Learn about introducing a Mediterranean diet in their eating patterns at work
- 4) Develop basic tips about relaxation at work that will generally improve their physical and psychological sense of well-being
- 5) Promote the use of physical exercise to enhance well-being
- 6) Let participants experience specially designed de-stress spa and pool treatments

...plus other benefits such as time for relaxation, networking, fruitful discussions and lots more ...

The fee for the well@work retreat is per participant which includes:

- 5-star style 2-night accommodation at the Riu SeaBank Hotel
- All meals and dinners included
- Retreat Programme fee
- Professionals’ fees
- Use of spa, gym and pool amenities

NB: well@work is a joint activity between Mediterranean Associates Ltd and BioCare