



Loyterton Sanctuary Corporate Packages

Discover tranquillity at Loyterton Sanctuary, a haven of serenity and rejuvenation for executives and employees.

Nestled amidst the breathtaking beauty of lush countryside in Faversham, Kent, just a scenic 3 miles from the nearest train station and just over an hour from the hustle and bustle of London, Loyterton Sanctuary beckons with promises of holistic learning and wellness experiences, as well as space for developing culture and strategy. Our sanctuary is more than just a retreat; it’s a sanctuary for the mind, body, and soul.

Why choose Loyterton Sanctuary for your meetings and events?

**A diverse range of experiences:** We understand the importance of catering to diverse needs. That’s why we offer a range of enriching activities including outdoor team building exercises, gentle massage therapy, guided meditation, invigorating yoga sessions, Pilates for mind/body balance, refreshing ice baths, and soul-soothing country walks. We also provide dedicated mindfulness and coaching packages, chronic stress management, burnout prevention and recovery, nervous system support, underpinned with trauma informed integrated education and practices.

**Immersive retreat environment:** Escape the hustle and bustle of the office and everyday life, as you immerse yourself in the peaceful ambiance of our sanctuary. Surrounded by nature’s embrace, your team will find the perfect environment to unwind, recharge, and foster deeper connections.

**Dedicated staff support:** Your comfort and satisfaction are our top priorities. When you hire the entire property, our attentive staff will be at your service, ensuring every need is met with care and efficiency.

**Bespoke solutions:** We understand that every company is unique. That’s why we offer bespoke plans to meet your requirements. Whether you’re planning a strategy day, training course, team-building event, wellness day, corporate getaway, or you require a more blended approach. We’ll work closely with you to craft an experience that exceeds expectations.

Who do we work with?

We work with clients from all industry sectors, providing events and activities to suit both simple and complex briefs.

We specialise in working with smaller groups of 10-15 in our peaceful setting where tranquillity meets transformation. Loyterton Sanctuary can also host overnight stays in its luxury bedrooms, for smaller groups of guests (up to 5 in their own double or triple size room, or 10 with some guests sharing 3 of the 5 rooms). Whilst we pride ourselves on our intimate luxury venue, we also offer events for larger numbers in our marque.

We are perfectly placed to help you choose the ideal selection of activities for your organisation, drawing from the diverse range we have available. Whatever your requirements, Loyterton provides an intimate setting, to ensure your team feels nurtured and invested in.

Our sanctuary provides the perfect venue to awaken inspiration, clear stress from the body, reset the mind and soothe the soul, resourcing and energizing staff for the overall wellbeing of your organisation.

Our packages

In this brochure you’ll find information about the various options available, including daytime only packages, and/or overnight stays in our sumptuous accommodation.

With our flexible approach, we can combine elements from various packages, building an event to suit your unique brief, objectives and budget.

We take pride in understanding your requirements from inception, through to delivery, building a range of options for you to choose from.

**A focus on wellbeing**

Increasingly, organisations are looking for ways to support employees to cope with a variety of challenges impacting the workplace, ranging from menopause, nervous system dysfunction, burn out, anxiety, depression and musculoskeletal issues.

The diverse range of available activities and support at Loyterton can help you meet your organisation’s wellbeing objectives, fostering a healthy, engaged and thriving workforce.

Our ‘Wellbeing at Work’ packages can include a wide range of options, for example:

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| * Meditation classes
 | * Burnout prevention & recovery
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| * Yoga & Pilates
 | * Chronic stress management
 |
| * Nutritional guidance
 | * Nervous system support
 |
| * Life & wellness coaching
 | * Being trauma-informed in the workplace
 |
| * Mindfulness training for resilience
 | * Mental health awareness & support
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The benefits of supporting workplace wellbeing

With 13.7 million workdays per year lost due to work related stress, anxiety and depression, costing UK business £35billion, employers are increasingly aware of the importance of investing in the wellbeing of their employees.

According to the Business Health Institute, two-thirds of employees have experienced burnout at some point in their lives, and the NCBI states that 75% - 90% of human disease is related to the activation of the stress system. Furthermore, a Mental Health Foundation study of 4619 people in 2018 found that 74% of those people had felt so stressed, they were overwhelmed and unable to cope in the last year.

Research by the UK Government and health organisations suggests workplace wellbeing initiatives can reduce sickness absence by up to 30%. It is also becoming increasingly recognised that presenteeism (employees attending work despite being unwell) can be more costly than absenteeism. Research shows that for every £1 invested in employee wellbeing, there is an average return of £5 in reduced absenteeism, and increased productivity (source: Deloitte UK report, 2020).

Other benefits of investing in staff wellbeing include reduced staff turnover (up to 50% reduction according to research), enhanced reputation, and reduced healthcare costs.

Physically, emotionally, and mentally, the benefits to individuals will enhance the overall wealth of your organisation. With research showing improvements in:

* Flexibility
* Decreased rumination
* Empathy
* Self-regulation
* Stress resilience
* Improved relationship skills
* Enhanced task performance
* Greater focus and improved strategy delivery
* Improved decision making
* Improved job satisfaction

We work with a unique range of coaches, teachers, and practitioners – all experts in their specialist fields, ensuring a positive impact on your organisation and employees.

**Coaching**

Whether you need coaching for management, have team leaders who would benefit from skills and techniques to support and nurture their teams, or other business needs, we can create a program for you.

**Programme Options**

Some of the programme options are set out below, and these can be blended with other services (such as holistic treatments and team building activities), to create a truly unique and impactful experience.

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| --- | --- |
| **Topic** | **Description** |
| **Communication** | **Become a more efficient team by learning the benefits of clean and clear language that avoids ambiguity** |
| **Confidence** | **Find the confidence your team needs to deliver above and beyond their current performance** |
| **Mindful Practices** | **Discover new ways of taking mindful approaches and how there is no “one-size fits all.” Identify where boundaries need setting, accepting that you can do anything, but not everything** |
| **Supporting Peers** | **Understand your peers better so the team can function more efficiently and as a single cohesive unit. Also learn to recognise when members of the team are not themselves and might require additional support** |
| **Reading people & character profiling** | **Learn to read people from the tiniest of clues and build instant rapport, resulting in stronger team dynamics and customer relations** |
| **Manager support for teams** | **Learn how you can better support your team based on the characters within it and navigate the complexities that present in any team. Getting comfortable with the uncomfortable will be a key takeaway** |
| **Leadership techniques** | **Character types respond differently to leadership techniques – learn how to help your team function in an optimal way** |
| **One-to-one coaching and support**  | **For when a more personal approach is required** |
| **Mental health strategy for businesses** | **Evaluate current processes and identify improvements. Further services can include strategy rollout and ongoing consultations to support the growing nature of any business model** |
| **Chronic Stress Management & Resilience Building** | **Learn about chronic stress, what it is, and the impact, whilst discovering ways to identify and manage it, whilst building resilience through self-awareness and self-care practices** |
| **Burnout prevention & recovery** | **Strategies for recognising, understanding, preventing and/or recovering from burnout. Emphasis is placed on identifying and addressing the root cause, to empower your employees to create a sustainable work/life balance with healthy boundaries** |
| **Nervous system Regulation for calm & focus** | **Supporting employees to understand their own nervous system, with practical mind, body and breathing exercises to promote calm and build resilience** |
| **Mental Health Support for anxiety & depression** | **Insight and strategies for understanding, supporting and managing anxiety and depression in the workplace. Emphasis is placed on recognising the signs, early intervention and prevention, seeking support, and fostering a supportive work environment** |
| **Holistic pain management and body awareness through Pilates** | **Supporting employees to incorporate healthy movement into the working day, to reduce physical pain, postural issues and enhance mind-connection for focus, concentration and immune support** |

Team Building

At Loyterton we can offer unforgettable and unique team building experiences.

Team building activities aim to bring people together by encouraging collaboration and teamwork. Creating these bonds are extremely important for healthy communication, better planning skills, enhanced employee motivation and effective collaboration.

Fun team building activities and events help people see each other in a different light, enabling them to connect in a new and unique way. Providing a series of classic team building activities that are focused on fun and motivation, help facilitate long-term team cohesion, fostering genuine connections, deeper discussions, and processing.

Join us for adrenaline fuelled activities in the heart of Kent. We have partnered with Outdoor Pursuits UK whose attention to service and detail has made it an industry leader. They have more than 30 years’ experience in this industry and are proud of their professional and friendly instructors who can cater for all occasions. With a wide range of services to choose from, you’re sure to find exactly what you’re looking for.

We will create a tailored corporate event and team building solution for each company.

The most successful corporate events involve a combination of 2 or 3 of our activities. Choose from the below activities to build your custom event:

* Clay Shooting
* Archery
* Rifle Shooting
* Land Zorbing
* Climbing Wall
* Treasure Hunt
* Cycle rides

Also available are boot camps, a variety of classes such as HIIT, yoga and Pilates as well as simple peaceful walks. We can also provide other activities such as relaxing sound baths and enbracing ice baths (for the brave!).

Don’t forget that we also organise refreshments to keep your team energised for their next activity whether it is a hot breakfast or lunch, or something to look forward to at the end of an active day.

**Our corporate clients also love the fact that insurance is included with the price of your activities, it helps provide extra piece of mind. Health and safety is at the forefront of every activity that Outdoor Pursuits organise.**

Catering

There are various catering options available, ranging from engaging your own private chefs, utilising Loyterton’s kitchen facilities, through to having nutritious meals prepared by specialist caterers. You might also choose to dine at local eating establishments.

We also offer ‘Learn to Cook’ or ‘Improve your Cooking Skills’ sessions - a great team building exercise or wellbeing option. For example, novices can learn how to cook and prepare crab, deliver a mouth-watering steak as well as lemon posset and shortbread.

Reward Retreats

Employee recognition, rewards, and incentives are all indispensable tools when creating a positive work experience. Rewarding good work and behaviour promotes a culture in which employees feel valued for their contributions, which in turn builds loyalty and a desire to drive positive change in an organisation.

A strong employee rewards programme can also help you to build a positive reputation for your brand, not only for customers but for prospective job candidates and existing employees, all contributing to an enjoyable, fulfilling employee experience.

Join us at Loyterton Health Sanctuary for a range of experiences designed to reward, recognise and inspire.

Pure pampering indulgence and restorative experiences are available at our luxury venue, which has rooms to accommodate 5 people overnight or 10 if sharing a room. The accommodation will be dedicated for your use during your stay, creating an intimate environment but with plenty of room to escape, rest and restore.

In its peaceful countryside setting you can walk in the grounds, settle down with a good book, and make use of our small gym. There are even bikes and helmets for you to use.

Additional options as part of your event

A range of extra options are available during your stay. These include amongst others: -

* Massage and reflexology
* Reiki healing
* Yoga/Pilates/Boot camps
* Meditation
* Sound baths or Ice baths
* Botox and B12 injections
* Nail and hair treatments/make up sessions
* Archery/shooting/Outside climbing wall
* Burlesque dancing
* Wine tasting/cocktail making
* Cooking lessons

There are also unlimited external options we can organise for you. Here are just some of examples: -

* Horse riding/Go Karting
* Leeds Castle segway tours
* Visit to historic Canterbury with an optional boat trip or walking tour
* Whitstable experience with champagne and oysters
* Vineyard wine tasting

Next steps

For more information and to discuss bespoke days and stays, please contact us at wellness@loytertonsanctuary.com, or visit our website www.loytertonsanctuary.com

**Let’s embark on a journey of wellness, rejuvenation, and corporate harmony together!**