

VIRTUAL WELLBEING EVENTS

Now more than ever it is important to recognise the health and **wellbeing** of your colleagues and clients, whether it be mental, physical or social welfare. Story have an array of tried and tested activities that are sure to bring your team closer together, boost morale and, most importantly, the wellbeing of your team.

So whether it's a single session, a virtual away-day or a wellness week, our creative events team will design a successful virtual wellbeing programme, whilst we all await the safe return to live events later in the year.

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VENUE SEARCH
LONDON

go
virtual

CREATE AN EVENT THAT IS **ENTIRELY BESPOKE** TO YOUR COMPANY

BELOW ARE SOME EXAMPLE ACTIVITIES TO INCORPORATE INTO YOUR WELLNESS EVENT

MENTAL WELLNESS

Breath-work
Desk side yoga or meditation
Introduction to meditation
Mindfulness coaching
Mindful photography
Nutrition coaching
Sound healing
Sleep workshop

WELLNESS THROUGH FUN

Beatbox song creation
Inspirational A-list speakers
Live comedy show with well know comedians
Musical team anthem creation
Musical comedy show
Musical quiz and bingo
Magic masterclass
Virtual escape room

PHYSICAL WELLNESS

Dance classes
Fermentation - make your own kimchi
Grow your own nutrition
Immune boosting cookery classes
Make your own smoothie or kombucha
Natural skincare tutorial
Workplace choirs, music and voice workshops
Yoga/pilates classes

WELLNESS THROUGH CREATIVITY & LEARNING

Art workshops
Calligraphy masterclass
Candle making
Lino printing
Nutritional cooking masterclass
Pottery masterclass
Origami masterclass
Smartphone photography & videography masterclass

CREATE A BESPOKE ITINERARY WITH US.

WHETHER IT'S A VIRTUAL EVENT AFTERNOON, FULL DAY OR EVEN WEEK!

ELEVATE YOUR VIRTUAL EVENT FROM JUST ANOTHER VIDEO CALL...

Registration management
Streaming and platform management
Supplier management
Story Studio – allow us to film and edit content
Artisan Gifting – deliver something personal to your guests and help support local businesses

EXAMPLE ITINERARY FOR YOUR WELLNESS EVENT...

Introduction to your wellness event

Activity 1 – Meditation or mindfulness, let your team relax and focus their attention to the here and now.

Activity 2 - Physical wellness class to get your team awake and moving.

Lunch break – Send your team beautiful pre packed lunches to their doorstep to enjoy a healthy balanced meal.

Activity 3 – Creative worksop to get your team learning some new skills.

Company round up – Live or pre-recorded session. Share updates and plans for the future, thank staff and reward team members.

Activity 4 – End with a fun masterclass, inspirational speaker or performance.

GET IN TOUCH

Our friendly team of creative event experts are here to help you. Get in touch today to discuss your brief:

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0207 870 9305 | enquiries@venuesearchlondon.com

*“Being forced to go ‘virtual’, something we’ve never done before, we were sceptical, but **Story pulled it out of the bag!** From event management to fulfilling gifts sent to over 250 staff home addresses, the **stress was completely taken away** and our virtual event was such a success. The cocktail kits were branded and spectacular, the artisan gifts such a special touch and the virtual platform **allowed people to feel as together as we could** in these times. I’ve had lots of positive feedback and everyone is talking about it, even now, so a massive thank you to all the team involved!”*

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