

# Catalyst Ranch MEETING BUNDLE:

## Wellness

Meeting Planners, we've got you covered with our turn-key Meeting Bundle:

With built-in meals and ready-to-go activities, we save you from coordinating endless details. It's everything a successful meeting needs, with easy, flat-rate pricing!

*Come together and rejuvenate with your team!*

You will be guided through a dynamic duo of mindful practices and team strengthening to gently de-stress, stimulate bonding, and encourage conscious leadership - bringing out the best in individuals and the team, and ultimately providing support to the entire organization.

- **Engage in play and foster creativity**

Play releases endorphins, improves brain functionality, and stimulates creativity. Play also breaks down barriers and improves relationships.

- **Expand awareness of self, other, and team**

Awareness of ones strengths, weaknesses, personality, preferences, etc., has a significant impact on how we behave and interact with others. Self-awareness influences situations and the climate of the group.

- **Enhance communication and trust**

Communication establishes trust and deepens relationships. Trust encourages collaboration and enables team members to work together on collective goals rather than personal interests.

- **Experience the value of appreciation**

Giving and receiving appreciation develops bonding, strengthens relationships, and improves employee engagement. Appreciation offers the brain a boost of dopamine that motivates and inspires, leading to improved employee retention.

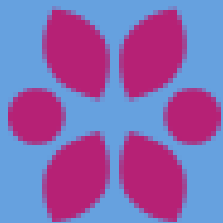
- **Relax and recharge as individuals and teams**

Encouraging employee relaxation improves morale, productivity, and the bottom line. Stress reduction promotes healthy workplace relationships, reduces absenteeism, and improves retention rate.

### This easy-planning Meeting Bundle includes:

- A full day meeting in our creative environment
- Facilitated by Linda Jackson
- Comprehensive AV and meeting supplies
- Our satisfying Continental Breakfast
- An Energizer activity to start the day
- Hot Buffet Lunch
- Our morning and afternoon Signature Snack Service
- Unlimited hot and cold beverages all day long.

LINDA JACKSON





## Team Building Bundle Pricing:

- \$5,600 for up to 15 attendees
- \$7,650 for up to 25 attendees

**Our Meeting Bundles minimize your planning woes and maximize your group's experience.**

You deal with one single contact person, but reap the benefits of an array of amenities—and sit back knowing we only partner with exceptional facilitators to provide your meeting with a valuable experience.

## Introducing Linda Jackson

Linda works with individuals, leads group experiences, and has created and led workshops on a variety of personal growth topics. Licensed and certified in numerous modalities, Linda has developed multiple proprietary processes to support the evolution of both individuals and teams. Coupled with her empathy, compassion, and creativity, working with Linda is truly a life changing experience.

She is an artist, speaker, truth seeker and teacher bringing over 20 years of experience supporting clients to connect with their purpose, transform their beliefs, and shift their experience.

*To get your complete meeting planned in a snap,  
call or email us today!*

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**MEETING  
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*Wellness*