

Strategic Partner Wellnest Retreats SA



HC Group Strategic Partner Wellnest Retreats SA

HC Group has partnered with Wellnest Retreats SA to help raise awareness within the energy and commodities sector of the importance of employee wellbeing.

About Wellnest Retreats

Wellnest Retreats' mission is to help individuals discover and optimise their potential. Their goal is to develop a sustainable balance through workshops that are interconnected to 4 key pillars (nutrition,

sleep, physical activity and mindfulness). The holistic approach of Wellnest Retreats is based on the idea that to achieve a sustainable level of wellness, it is essential to anchor the 4 pillars in your daily life. They have developed programmes and activities that have been systematically validated by a Scientific and Ethical Committee made up of certified and experienced doctors, scientists and therapists. For more information about the Scientific and Ethical Committee, please visit <https://bit.ly/3YtjK02>.



The fundamentals of the Wellnest Retreats concept

- Coaching around 4 interconnected pillars to achieve a sustainable life balance.
- Programs and workshops validated by a Scientific and Ethical Committee
- A dynamic community sharing common value
- Each participant (re)discovers and optimises their potential

To speak to a member of our team, please complete this form forms.office.com/r/hChJLyikzG

The Wellnest Team

The Wellnest Retreats' management team brings over 70 years of combined experience in science tech, sports medicine, international hospitality, business development and entrepreneurship. It is further supported by a wide community of experts, researchers, and doctors in the nutrition, sleep, mindfulness, sport, physical activity space.

In a bid to help each client create a sustainable personal balance and optimise performance, they are supported in this journey through 3 steps:

1. Pre-event: Completion of a scientifically validated questionnaire to understand their unique needs,
2. The event: To build awareness towards the hyperconnectivity and the new uncertain context, and reconnect the participants to themselves. We give practical tips to a sustainable balanced lifestyle,
3. Post-event: Join the community of care and follow up interactions. Connect with the Wellnest ecosystem of experts and Wellnesters for sustainable impact. You will have access to your toolbox and dashboard.

Our Offers

- Validated by a scientific and ethical committee
- Built on the 4 fundamental pillars interconnected
- Three step experience for our retreats & PD days

PD Days

- From 8'500 CHF/ day
- 1 day seminar
- 20-60 participants
- Practical workshops x 4 pillars
- Live

Conferences

- From 1'500 CHF
- Focused on 1-2 pillars
- Including practical methodology & exercises
- Live, virtual, hybrid

Retreats

- From 2'350 CHF/ person
- 3-4 days
- 6-25 participants recommended
- Customised for corporates

Academic Program

- Audience: Young graduates & C Levels
- Modules integrated into HC Academic program
- Planning to be discussed together

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Contact us



NEW YORK
Chrysler Building, 9th Floor
405 Lexington Avenue
New York, NY 10174
newyork@hcgroun.global

LONDON
Suite 451-452,
25 Wilton Road,
Victoria, SW1V 1LW
london@hcgroun.global

GENEVA
Level 4, Rue de Jargonnant 1
CH-1207, Geneva
geneva@hcgroun.global

HOUSTON
Heritage Plaza, Suite 1910,
1111 Bagby Street, Houston, TX 77002
houston@hcgroun.global

ABU DHABI
Level 15, Office 307, Al Sarab Tower,
Al Maryah Island,
ADGM Square,
Abu Dhabi, UAE
abudhabi@hcgroun.global

SÃO PAULO
Rua Gomes de Carvalho 911, sala 305
São Paulo, 04547-003, Brasil
saopaulo@hcgroun.global

SINGAPORE
Level 57, Republic Plaza
9 Raffles Place
Singapore 048619
singapore@hcgroun.global

Dina Patel
Content Marketing Manager
+44 20 7392 7718
dina@hcinsider.global

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