

# Start SWELL

A company wellness program brought to you by Serendip, an award-winning spa and luxury urban getaway.



# Serendip(ity)

If you have strolled the luxurious shopping district of Brussels, then you may have serendipitously enjoyed our treatments and classes. Lured by the relaxing scent & a cup of tea, Serendip has welcomed more than 10,000 visitors to its flagship store, spa & yoga studio since its inception over 15 years ago.

Our Serendip community brings together a diverse and international team – and clientele – both looking to bring wellbeing into their lives and surroundings in a sustainable and caring way.

Led by our team of wellbeing professionals, we not only work with individuals who come into our haven – but also with global teams and companies. Join Serendip's **START WELL**, a company wellness program to motivate and energize your team using **mindfulness techniques** in that bring our caring approach directly to you. As easy as 1-2-3.



# Designed for you

When we create this with you, we connect it to your own company needs and strategy. Many are looking to:

- connect well-being approaches to leadership skills,
- find ways to stay positive particularly over these next months,
- help to envision personal goals (and linked to professional goals) in 2022, or
- find ways to manage stress as well as
- being comfortable with the uncomfortable, or rather uncertainty.

Or, perhaps all of these things.





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## From afar

We can work with your team virtually to create a wellness approach to your employees and teams that will provide the techniques they can apply to any situation.

# Virtual

Here is a selection of ways that we work with teams globally in our **START WELL** program (and we are ready to create any customized program just for your needs):

- START (and end) your virtual meeting with a guided breathing exercise, yoga movement session or demonstration on how to ease muscle tension – all from your office chair.
- Dedicate a meeting (of any length) to focus on your wellbeing by exploring creative wellness tools (or a new project, or a new team member), and breakout rooms dedicated to focusing on sports, muscle aches, nutrition, exercise and stress management.
- Join our online portal, BREATHE, where we offer wellbeing articles, mini-courses to take at your leisure, and a welcoming community.

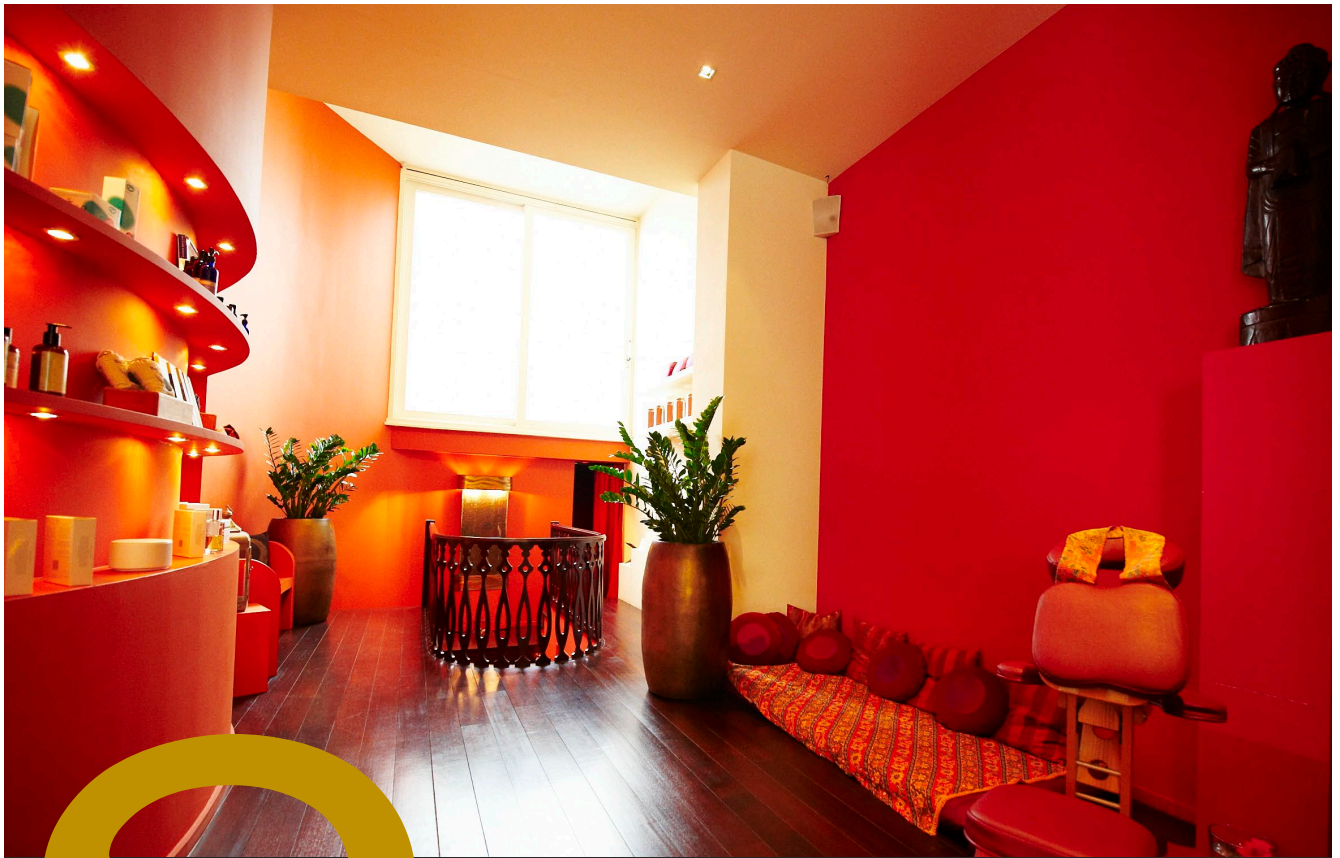


# Mindfulness

Here is a list of some of our **wellbeing exercises** that we conduct with teams.

- Wheel of Wellness
- Cumulative Stress Curve
- Ikigai purpose exploration
- Design your Home-Work-Office for Wellbeing
- Kaleidoscope – a different view
- RAIN method for stress management
- Moonshot thinking
- Comfortable with Uncertainty
- Art of Noticing
- Self-care Check-up
- Hygge and other ways of life
- The power of daily rituals





## Close to home

We can welcome your team at our premises and nearby mini-retreat location to customize an on-site program just for you.

# Chez nous

You can come to us?! Fantastic! We look forward to welcoming you to our home.

- Come on by the spa for mini-wellbeing treatments for everyone on your team.
- Reserve our entire spa, yoga and/or atelier spaces for your event.
- Create a program of yoga classes, meditation classes, cooking and/or team building.
- Work with us to create your own wellbeing workshop on any topic!

Here's an example of what could be in store for you!







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## Us to YOU

We can also bring our team to you, wherever you are in the world, and work with your team hands-on to help to create a culture of health, kindness and caring that will extend to your own clients.

# Chez vous

Too many people to travel to us? Then, we can most certainly come to you! Our international team bring their diverse approach and expertise to your team anywhere in the world.

- Develop a full wellness program that aligns with your company objectives
- Train-the-trainer approach to create a sustainable way to bring wellbeing into your culture
- Help to design your environment to promote wellbeing spaces – even at your own desk.
- Deliver yoga, spa & office environment products direct to your doorstep.



# Start SWELL

Contact us, [admin@serendipspa.com](mailto:admin@serendipspa.com), to learn how you can bring any of these options into your company. We can provide a customized program & quote just for you.

**[www.serendipspa.com](http://www.serendipspa.com)**

