

Sample Itinerary | 2-Days - 1 Night

theme: diversity and inclusion training



berkshire corporate
retreats

key highlights

- 1 1/2 day Facilitated Workshop: Diversity and Inclusion Training
- Morning guided meditation & yoga session
- Delicious, locally-sourced meals
- Live Music at local Tavern
- Disconnect from the busyness of life and work to rejuvenate, re-energize, and refresh
- Time to bond with colleagues

retreat overview

Location	Traditional Berkshire Inn
Accommodations	Single Occupancy
Duration	2 Days – 1 Nights
Theme	Diversity and Inclusion Training
Type	Program-Focused
Activity Level	Low
Group Size	25 people

your itinerary

DAY 1

12:00 pm – 1:00 pm	ARRIVAL and Check in
1:00 pm – 3:00 pm	WORKSHOP: Diversity & Inclusion Training
3:00 pm – 3:15 pm	BREAK
3:15 pm – 5:00 pm	WORKSHOP: Diversity & Inclusion Training
5:00 pm – 6:30 pm	PERSONAL BREAK: Chill, Shower/etc.
6:30 pm – 8:30 pm	MEAL: Dinner onsite restaurant
8:30 pm	EVENING ACTIVITY: Live Music in Tavern

DAY 2

7:00 am – 8:00 am	MORNING ACTIVITY: Stretch/Meditation/Yoga
8:00 am – 9:00 am	MEAL: Continental Breakfast & Check-out of rooms
9:00 am – 10:30 am	WORKSHOP: Diversity & Inclusion Training
10:30 am – 10:45 am	BREAK
10:45 am – 12:30 pm	WORKSHOP: Diversity & Inclusion Training
12:30 pm – 1:30 pm	MEAL: Buffet Lunch
1:30 pm – 3:00 pm	WORKSHOP: Diversity & Inclusion Training
3:00 pm – 3:15 pm	BREAK
3:15 pm – 5:00 pm	WORKSHOP: Diversity & Inclusion Training
5:00 pm	DEPARTURE

what's Included

Included in the Price of the Retreat:

- Accommodations and meeting spaces at Lodge
- All meals and beverages (alcoholic beverages extra)
- All activities (hiking, ziplining, yoga)
- BCR-led workshops, meetings & discussions
- Transportation to and from activities
- Pre- and post-program consultation

Not Included in the Price of the Retreat:

- Transportation to/from Lodge (can be arranged as a separate service)
- Swag-Bag with Your Company Logo Filled with Goodies (local when possible)
- Personal items, medicines, snacks
- Optional Activities: Massages, extra yoga classes, etc.
- Post-Retreat Extended Program Options such as Executive Coaching, Advisory, Leadership Development



What We Do

We help teams transform the way they interact, communicate and perform through powerfully facilitated, customized retreats here in the Berkshire Mountains of Massachusetts. By combining fun activities with facilitated group discussions and workshops, we enable leaders and teams to regroup and refocus so they move forward from a position of strength, alignment and shared vision.

Our Retreats

Our retreats include 3 basic elements: a pre-program consultation, the retreat, and a post-program follow-up call/meeting. We also offer extended program options (such as executive coaching, leadership development & speaking) for your group to continue the process of transformation and growth even after the retreat has ended.