

Sample Itinerary | 3-Days - 2 Nights

theme: communication & teambuilding



berkshire corporate
retreats

key highlights

- Facilitated Workshop: Essential Communication Skills
- Facilitated Workshop: Building Consensus and Achieving Team Synergy
- River Rafting Adventure
- Morning guided meditation & yoga session
- Delicious, locally-sourced meals
- Happy hour & bonfire onsite
- Disconnect from the busyness of life and work to rejuvenate, re-energize, and refresh
- Time to bond with colleagues

retreat overview

Location	Modern Country Estate
Accommodations	Single Occupancy
Duration	3 Days – 2 Nights
Theme	Communication & Teambuilding
Type	Facilitated Programming + Activities
Activity Level	Low Moderate
Group Size	16 people

your itinerary

DAY 1

11:00 am – 12:00 pm	ARRIVAL and Check in
12:00 pm – 1:00 pm	MEAL: Lunch on back porch
1:00 pm – 3:00 pm	WORKSHOP: Essential Communication Skills part 1
3:00 pm – 3:15 pm	BREAK
3:15 pm – 5:00 pm	WORKSHOP: Essential Communication Skills part 1
5:00 pm – 6:00 pm	PERSONAL BREAK: Chill, Shower/etc.
6:00 pm – 7:00 pm	HAPPY HOUR on porch bar
7:00 pm – 9:00 pm	MEAL: Dinner onsite restaurant
9:00 pm – 11:00 pm	EVENING ACTIVITY: Acoustic guitar and bonfire on lawn

DAY 2

7:00 am – 8:00 am	MORNING ACTIVITY: Stretch/Meditation/Yoga
8:00 am – 9:00 am	MEAL: Hearty breakfast in main room
9:00 am – 10:30 am	WORKSHOP: Essential Communication Skills part 2
10:30 am – 10:45 am	BREAK
10:45 am – 12:30 pm	WORKSHOP: Essential Communication Skills part 2
12:30 pm – 1:30 pm	MEAL: Lunch on back porch
1:30 pm – 3:00 pm	WORKSHOP: Building Consensus & Achieving Team Synergy part 1
3:00 pm – 3:15 pm	BREAK
3:15 pm – 5:00 pm	WORKSHOP: Building Consensus & Achieving Team Synergy part 2
5:00 pm – 6:00 pm	PERSONAL BREAK: Chill at Lodge/Shower/etc.
6:00 pm – 9:00 pm	MEAL: DINNER @ local farm-to-table restaurant
9:00 pm	EVENING ACTIVITY: <i>Chill at Inn</i>

DAY 3

7:00 am – 8:00 am	MORNING ACTIVITY: Stretch/Meditation/Yoga
8:00 am – 9:00 am	MEAL: Hearty Breakfast / Checkout
9:00 am – 3:00 pm	TEAM EXPERIENCE: River Rafting Adventure
3:00 pm – 4:00 pm	TEAM RETREAT CLOSING MEETING
4:00 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.