

Sample Itinerary | 3-Days - 2 Nights

theme: trust building & strategic planning



berkshire corporate
retreats

key highlights

- Kick-off Talk: Moving from Intention to Action
- Chef-guided team participation dinner
- Guided hike on the Appalachian Trail
- Team Virtual Adventure – Achieving Team Synergy
- Facilitated Strategic Planning Sessions
- Morning guided meditation & yoga session
- Delicious, locally-sourced meals
- Disconnect from the busyness of life and work to rejuvenate, re-energize, and refresh
- Time to bond with colleagues and create powerful action plans

retreat overview

Location	Rustic Lodge
Accommodations	Single Occupancy
Duration	3 Days – 2 Nights
Theme	Trust Building & Strategic Planning
Type	Facilitated Programming + Activities
Activity Level	High
Group Size	12 people

your itinerary

DAY 1

12:00 pm – 1:00 pm	ARRIVAL and Check in
1:00 pm – 2:00 pm	KICKOFF TALK: <i>Moving from intention to Action</i>
2:00 pm – 2:15 pm	BREAK
2:15 pm – 5:00 pm	TEAM EXPERIENCE: <i>Coming Together</i> - storytelling to build trust
5:00 pm – 6:00 pm	PERSONAL BREAK: Chill at Lodge/Shower/etc.
6:00 pm – 8:30 pm	MEAL: Team Participation Dinner w/chef facilitator
8:30 pm – 10:00 pm	EVENING ACTIVITY: Acoustic guitar and bonfire

DAY 2

7:45 am – 8:15 am	MEAL: Hearty Breakfast
8:15 am – 8:30 am	Prepare* and meet up for Hike (*packing list will be provided)
8:30 am – 1:00 pm	TEAM EXPERIENCE: Guided Hike on the Appalachian Trail w/packed LUNCH
1:00 pm – 2:00 pm	BREAK – personal time to refresh
2:00 pm – 5:00 pm	WORKSHOP: Building Consensus & Achieving Team Synergy
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 Lodge</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 – 10:30 am	WORKSHOP: <i>Strategic Planning Session I</i>
10:30 am – 10:45 am	BREAK
10:45 am – 1:00pm	WORKSHOP: <i>Strategic Planning Session II (includes working LUNCH)</i>
1:00 pm – 2:00 pm	TRAVEL: to Zipline Forest Adventure Park
2:00 pm – 5:00 pm	TEAM EXPERIENCE: Zipline & Ropes Course
5:00 pm – 5:30 pm	TEAM RETREAT CLOSING MEETING
5:30 pm – 9:30 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.