

Sample Itinerary | 3-Days-2 Nights

theme: trust building & strategic planning



berkshire corporate
retreats

key highlights

- Kick-offTalk: 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.

Sample Itinerary | 2-Days-1 Night

theme: diversity and inclusion training



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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



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Sample Itinerary | 3-Days-2 Nights

theme: communication & teambuilding



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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



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Sample Itinerary | 3-Days-2 Nights

theme: teambonding & fun



berkshire corporate
retreats

key highlights

- Chef-guided team participation dinner
- Guided Canoe Adventure
- Interactive Drum Circle
- Dinner & Karaoke
- Morning guided meditation & yoga session
- Fall Foliage Hike & Picnic Lunch
- Delicious, locally-sourced meals
- Disconnect from the busyness of life and work to rejuvenate, re-energize, and refresh
- Time to bond with colleagues and have fun

retreat overview

Location	Private Guest House
Accommodations	Single Occupancy
Duration	3 Days – 2 Nights
Theme	Teambonding & Fun
Type	Activity-Focused
Activity Level	Moderate
Group Size	9 people

your itinerary

Day 1

5:00 pm – 5:30 pm	ARRIVAL & CHECK IN
6:00 pm – 8:30 pm	MEAL: Team Participation Dinner w/chef facilitator
8:30 pm – 10:00 pm	EVENING ACTIVITY: Live Music at local Inn

Day 2

7:45 am – 8:15 am	MEAL: Hearty Breakfast
8:15 am – 8:30 am	Prepare* and meet up for Canoe Adventure (*packing list will be provided)
8:30 am – 1:00 pm	TEAM EXPERIENCE: Guided Canoe Adventure w/packed LUNCH
1:00 pm – 3:00 pm	BREAK – personal time to refresh
3:00 pm – 5:00 pm	TEAM EXPERIENCE: Interactive Drum Circle
5:00 pm – 6:00 pm	PERSONAL BREAK: Chill at Guest House
6:00 pm – 8:00 pm	MEAL: DINNER @ local farm-to-table restaurant
8:00 pm – 10:00 pm	EVENING ACTIVITY: Karaoke at local barn

Day 3

8:00 am – 9:00 am	MEAL: Hearty Breakfast / Checkout
9:00 am – 11:30 am	TEAM EXPERIENCE: Fall Foliage Hike with Views
12:00 pm—1:00 pm	PICNIC LUNCH
1:00 pm – 2:00 pm	TEAM RETREAT CLOSING MEETING
2:00 pm	DEPARTURE

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- All activities (hiking, ziplining, yoga)
- 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)
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- Personal items, medicines, snacks
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