

Health and Wellbeing

Fire up your team with a physical and mental wellbeing session



The experiences of high-achieving sports and fitness stars are inspiring and motivating for us all. Working from your brief, we recommend great speakers whose anecdotes and endeavours captivate your audience and resonate with your brand.

Hear the incredible stories of former Olympians as they talk you through the highs and lows of their career and their motivation to overcome their biggest hurdles. Or be inspired by well-known health and fitness personalities, such as Joe Wicks or Ollie Ollerton, who would not only talk through their personal experiences, but put guests through their paces in a live fitness session.

To make your event extra special, use our MemMail service for the event invitation or to follow-up the session. These personalised deliveries are guaranteed to create lasting memories and trigger social buzz around your brand.

Our ready made events are available for a fixed price per head – with the option to customise your format to meet your business goals for any number of guests.

Available formats



Virtual



Hybrid



Socially
distanced

Great for

Colleagues, customers, associates, suppliers and partners

Ideal for

- Employee wellness
- Team building
- Brand engagement
- Motivation and productivity

Price*

from **£165** per person



Event Host

A true once-in-lifetime experience, your guests will meet and get to know incredible individuals from a range of industries with a strong focus on health and wellbeing such as:

- Fitness stars including Joe Wicks
- Ex-Special Forces soldier Ollie Ollerton
- Former Olympian's including Sally Gunnell OBE and Mark Foster

MemMail

Upgrade and personalise your event experience to your brand and individual attendees with our sending service, MemMail.

- Send a motivational book or Mindfulness gift box to your attendees ahead of the event to build excitement and increase attendance
- Send an app-store gift card to be used for a subscription to a health-focused app for smart phones
- Say thank you and keep in touch with your guests after the event with a handwritten message and tips for the future from your event speaker



Find out more

www.inconnection.com/ready_made

*Price per person based on 30 attendees. Excluding VAT, E&OE. Subject to availability. Enhancement to premium experiences available on request.