



WORKPLACE WELLNESS

In a Virtual World

INTRODUCTION

Wellness programs work to give employees incentives, tools, social support, privacy, and strategies to adopt and maintain healthy behaviours.

They help to show staff that they are valued, supported and appreciated. Promoting wellbeing can also have employer benefits in preventing stress, reducing health-related absenteeism, increasing productivity and creating positive working environments where individuals and organisations can thrive.

When face to face interaction in the workplace isn't possible but caring for and engaging your team remains a priority, we

can provide effective online solutions.

We have a variety of tools, ideas and activities to help maintain connections, centre self-care and inject positivity into remote working.

We can custom-build bespoke online events and engagement activities, or tailor many of the activities to suit your objectives, audience and brand. Simply connect with us, share your thoughts and we'll share our ideas.

Workshops

Workshops and webinars to inform and educate on a variety of topics from sleep to mental health, nutrition to stress.

and breathe



WELLNESS WEBINARS

Our wellbeing workshops are designed to give your staff the tools, support and knowledge needed to improve and upgrade their wellbeing.

Employees will discover that changing their mindsets and lifestyle habits can boost their productivity, helping them to work smarter.

Workshops include:

- How to Achieve Anything
- Master Your Time
- Nutrients vs Calories
- The Happiness Blueprint
- Hunger Management
- Working From Home Webinar
- Movement Medicine
- New Winter Immunity
- Sleeping for Success
- Resilience & Mental Fitness



60 - 90
MINS



10 +
PEOPLE





WELLBEING MASTERCLASS FOR MANAGERS

5

This workshop is specifically designed to help managers effectively support their staff.

The workshop will empower managers to lead by example and create a wellbeing culture within the business. **Topics include:**

- Engaging managers in optimal wellbeing and awareness of how this prevents mental, physical and emotional pain and fuels performance
- To share best practices on how to create an environment that makes it easier for employees to achieve optimal wellbeing
- To explore the crucial difference between empathy and sympathy
- To explain the 3 steps to sustainable wellbeing cultures



90
MINS

MENTAL HEALTH AWARENESS FOR EMPLOYEES

Stress levels and work demands can often run contrary to personal wellbeing and can impede the ability for employees to flourish both in and out of the workplace.

Employees often find it difficult to set boundaries between work and home life, and subsequently find their mental health compromised due to chronic work stress. Our stress management specialist helps employees recognise the signs and symptoms of mental health issues and provides practical techniques to effectively reduce stress and to promote greater mental health.

They will learn about the stress response, signs and symptoms of mental health issues and practical self-care techniques to manage stress and to promote wellbeing.



NUTRITION WORKSHOPS

What you eat can greatly affect your energy, sleep, productivity and mindset.

We have a range of nutrition workshops to educate staff on nutrition to keep themselves and their families healthy.

Topics include:

- Powered by Plants
- Eating for Energy
- Nutrition for Stress and Sleep
- Healthy Nutrition whilst working from home
- Nutrition for your Immune System
- Protein Packed Nibbles



EATING FOR IMMUNITY

Wellness and what we eat is vital to physical, mental and emotional performance.

The link between health and success is increasingly recognised as a key factor in workplace and homelife productivity. Eating healthily and getting the nutrition you need with a full-time job can be a challenge when coffee and toast is so much easier.

We'll show how you can improve your immunity by making small changes to your food habits, with a focus on nutrient dense ingredients. We'll show you quick and healthy snacks, lunches and quick suppers that are nutritional powerhouses so that you eat and feel better.



60
MINS



10 +
PEOPLE





SENSORY FOOD SCIENCE

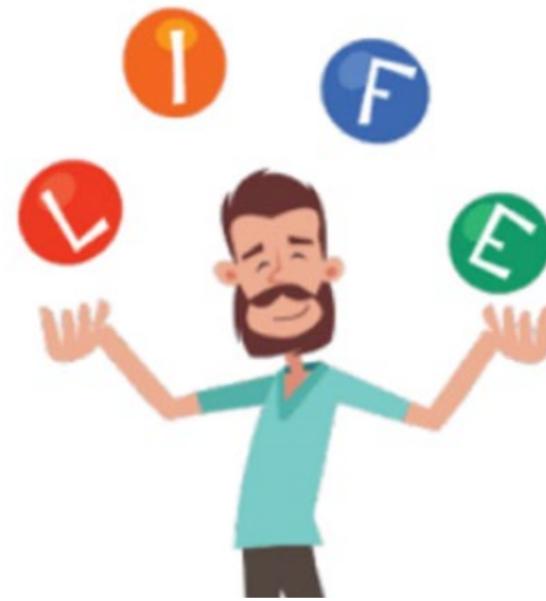
This session is all about the ‘science of food’ and using all your senses, not just taste, when engaging with food.

You will learn how to use ingredients associated with stimulation of the nervous system to trigger positive body chemistry to help preserve and restore a sense of calm and balance.

Our food scientist will explain the chemical, nutritional and medicinal values of ingredients and show you how to use them and incorporate them into your diet on a regular basis. In this interactive session we will use herbs and spices to release endorphins and serotonin from the brain. This is a fastmoving, motivational and inspirational presentation.



WELLNESS EXPERT



Specialising in resilience and behavioural agility, this award-winning presenter and author is available to host interactive sessions and webinars for your team.

With over 20 years experience, reaching millions of people around the world she has consulted with organisations including the United Nations, NHS and Macmillan Cancer Care.

With a comprehensive portfolio of modern life skill workshops available, this is a great way to bring your team together and focus on how you can support them through challenging times – making them fit for the future!





SLEEP GURU WORKSHOP

11

Sleep is one of the most important aspects of wellbeing - it is fundamental to productivity in the workspace and personal life.

Our sleep expert hosts 3 virtual workshops to help you understand the importance of sleep:

- A New Perspective on Sleep: why sleep is fundamental to wellbeing and productivity and the importance of respecting your sleep type.
- Mind, Nervous System & Sleep: importance of bringing the nervous system into balance and why this is the first step to better sleep.
- Connection between Physical Wellbeing & Sleep: how good physical digestion and mental digestion are connected to good quality sleep.

There will also be a post workshop handout with hints, tips and quick wins.



DAILY KICK OFF

This upbeat, creative challenge will help get your day off to a good start!

Daily tasks can be released to each of your employee's devices every day for up to a month. Participants will be encouraged to take motivational photos and videos within their own homes – a fun way for everyone to get a glimpse into their teammates home environment!

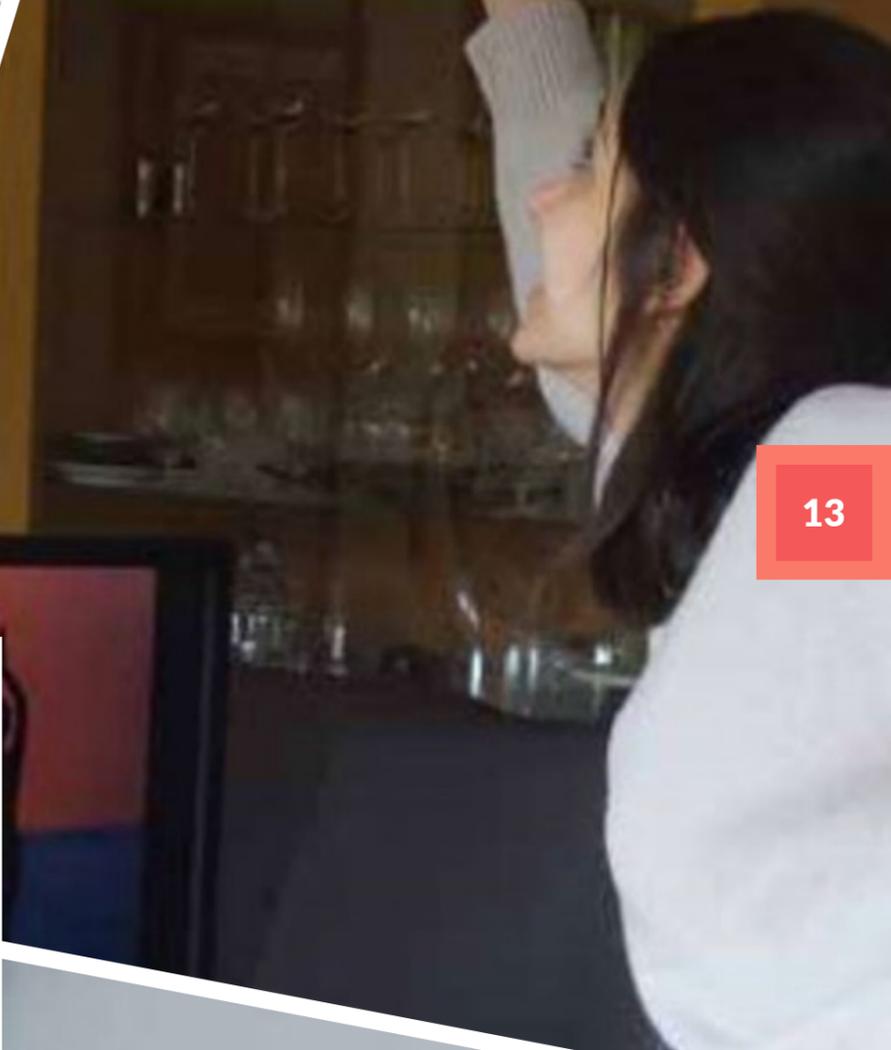
This activity should boost morale when working remotely and bring the team together. All photos and videos will be saved into a presentation at the end of the challenge, to keep as a memento. If you have specific goals you need to achieve, there is the option for customization.



30 MINS
DAILY



10 +
PEOPLE



TEAM WELLNESS

13

This is a fun and engaging team activity during which you will complete challenges focused on wellbeing.

The tasks focus on a range of wellbeing topics including practical ideas for a healthy diet, posture and movement, connecting with nature and the importance of taking time out during the day to boost energy levels.

The session works to improve your ability to adapt to frequent change, develop skills for smoother communication, create a positive emotional environment and help people stay calm and maintain energy levels.

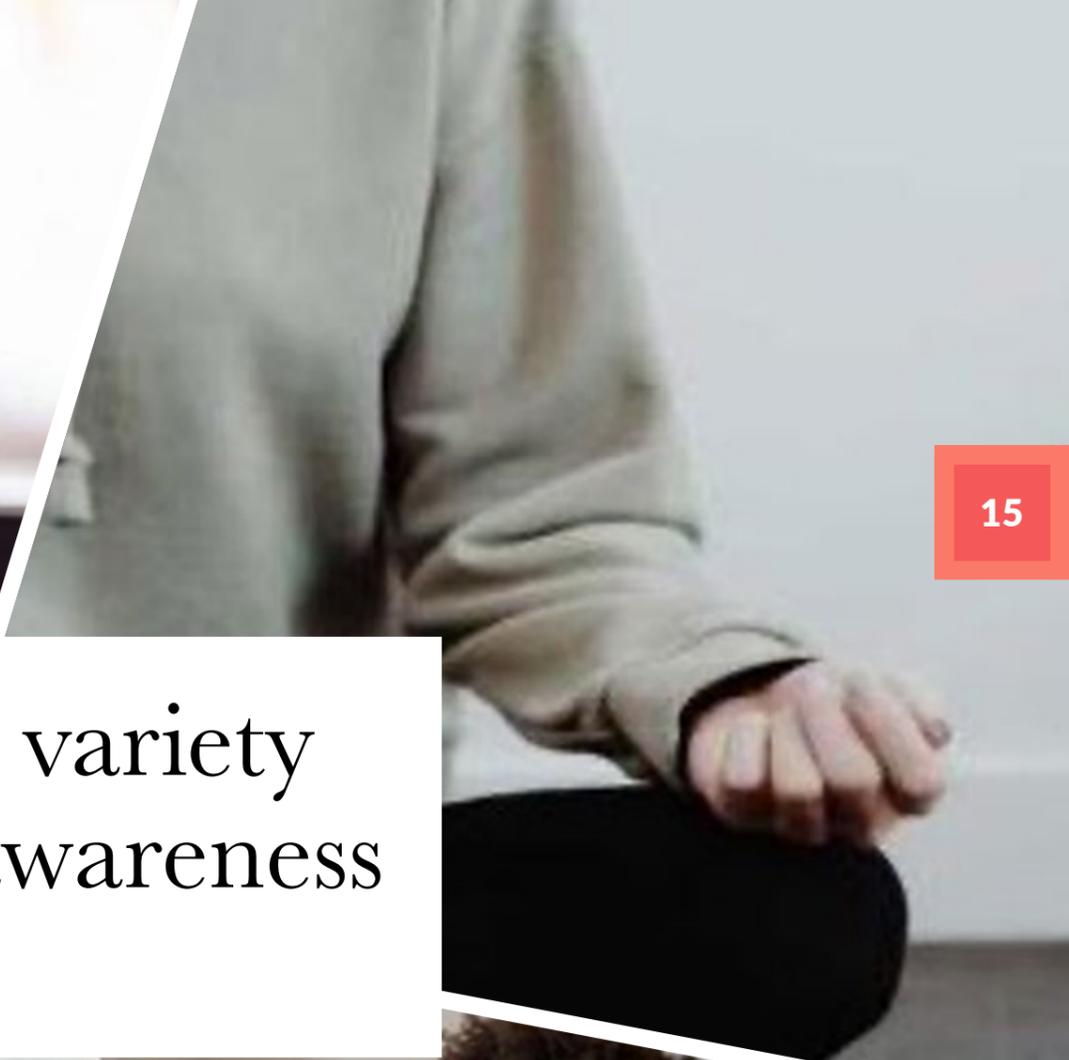


BREATH WORKSHOP

An immersive workshop combining both music and breathwork in which participants will learn how to use breath...

...to clear their emotional body and bring themselves into a state of deep clarity and stillness.

Practicing breathwork has been shown to have physiological, mental and emotional benefits including relaxing the mind, alleviating anxiety and depression, calming the nervous system, increasing energy, boosting immunity and improving focus and creativity. Additionally, 70% of our toxins are released from our body through our breath. Breathing deeply helps the systems in the body to detoxify.



MEDITATION

15

Our meditation classes go through a variety of techniques to develop focus and awareness in order to bring mental relaxation.

Meditation has numerous benefits including lowering blood pressure, improving breathing, reducing anxiety and boosting emotional stability. It also works to develop a positive outlook and ability to cope with stress.

Meditation brings development of calm, clarity, concentration and peace of mind – beneficial for the whole mental wellbeing. The session is also suitable for all levels both beginners and expert.



30 - 45
MINS



MINDFULNESS

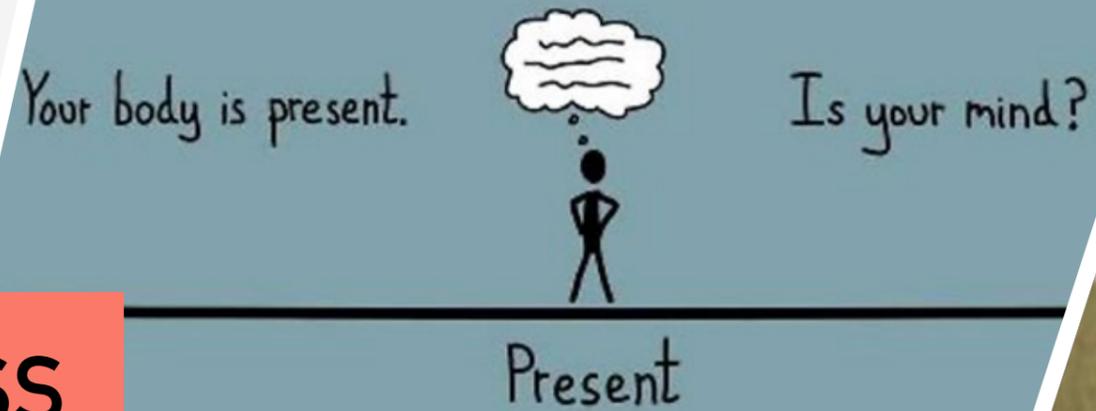
So many times, we react instead of being mindful of our choices and having clarity of thought.

This is normal behaviour developed at a very young age. In a typical taster workshop you'll be introduced to the principles of mindfulness, how and why we think, feel and react to stress and practice mindful responses to stress.

You'll then go through some practices, such as the body scan, the mindfulness of breathing practice or a '3 step breathing space' practice, learning how you can improve and enhance your professional and personal life and how to implement them into your routine.



30 - 60
MINS





MINDFUL COMMUNICATION

Mindfulness gives us the ability to respond wisely instead of reacting emotionally.

With practice, we can develop the capacity to tune into our own feelings, express ourselves more authentically and develop the ability to give others the space to communicate without imposing our own expectations.

In this session you will learn to ground speech for mindful communication, develop an understanding of your own patterns of communication and enhance your mindful listening abilities. It will also help to strengthen your ability to stay present, be more skillful in challenging situations and have more meaningful and satisfying encounters with people.



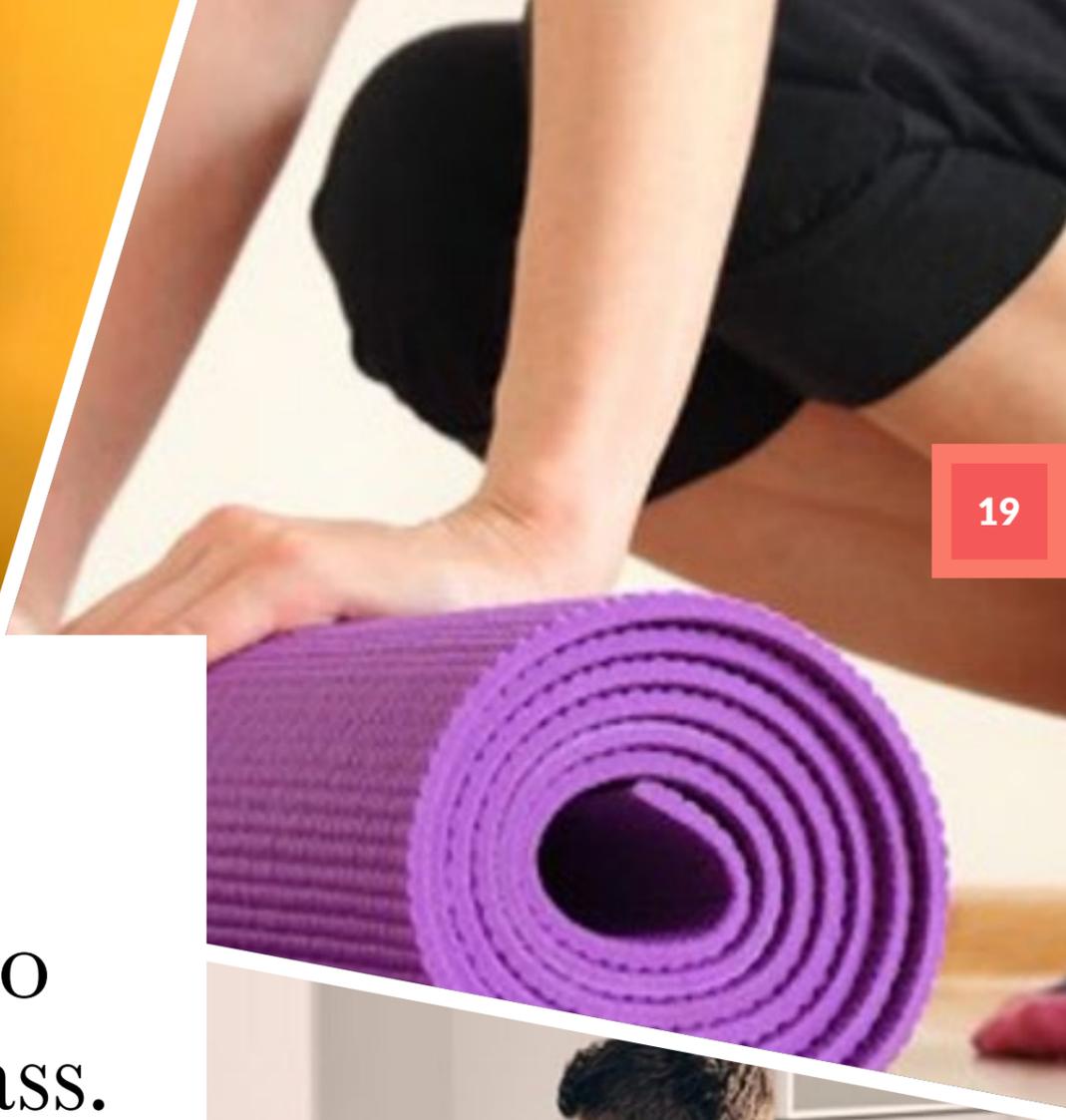
SOUND BATH

An online, interactive sound bath experience to help unlock creativity, de-stress and improve sleep quality.

The sound bath is delivered from a professional studio using different instruments such as crystal bowls, chimes and singing bowls to create a unique experience.

Our sound expert to deliver a seamless, engaging experience leaving your guests rested and fresh. The ideal wellness option for your next virtual event.

Give your staff something different to the norm. Participant videos do not need to be turned on, the focus of this session is on relaxation and rejuvenation, giving your staff some time out to reboot.



ONLINE FITNESS CLASS

It's important that everyone keeps fit and active, especially when working from home, so invite them to participate in a live, online fitness class.

We can facilitate anything from HIIT to pilates, yoga to cardio.

Your fitness instructor will share a link with the group, so everyone can access the same class at the same time from the comfort of their homes. Optional features could include a social media feed alongside the class or fitness tracker which is linked to a live leaderboard. Many of our instructors are also able to host Q&A's centered around nutrition and mental health.

Optional extra; send your employees a gym bag with health and fitness goodies in advance of the session.



LAUGHTER YOGA

Using a live streaming platform, bring your team together for this interactive workshop.

Combining breathwork and laughter exercises, this activity has many proven health benefits including elevated mood, reduced stress and a strengthened immune system.

Laughter Yoga teaches people to laugh even when times are tough. A great coping strategy to help individuals keep a positive mental attitude regardless of circumstance. And according to researchers, 10 minutes of belly laughter is equivalent to 30 minutes of cardio for your heart – so definitely something we should all be doing more of!



SINGING WORKSHOP

Your session will start with a physical warmup to get people moving, shake off any nerves and prepare for your session.

We will get everybody on their feet to stretch jaw, neck, shoulders. This is followed by a short breath work session with some information about correct breathing techniques for singing.

You'll of course then need a vocal warmup with some simple, fun warmup exercises and some information about how the voice works and why warming up is important. Then you're all set to learn some songs!

SPEAKER SESSIONS

Educate and entertain your community by bringing relevant content into their homes.

A big-name speaker can draw in a crowd at a live event, so why not use the same approach for your virtual event? People love a story, so create a buzz around your upcoming webinar and book a speaker to deliver a keynote and/or Q&A session.

We're connected to a broad network of professionals in the world of health and wellness, business, entertainment and politics and can help you secure talent that can deliver content aligned to your event objectives and organisation's brand identity.



Event in a Box

Our home delivery service to your remote workers, getting them involved in social events enabling them to take some time for themselves and produce something from the comfort of their own home.



READY STEADY COOK

In our masterclasses our Chefs and Food Scientists will show you how to create beautifully balanced dishes in minutes.

We will provide you with inspiring menus to choose from - whether you're looking for a particular cuisine or some immune busters we have it covered. We teach simple techniques that enable you to replicate those flavours in your kitchen.

Learn how to cook nutritious meals for your long-term wellbeing and improve your healthy eating regime. Led step by step by one of our chefs so staff feel fully supported through the 'cook-a-long'. This is an interactive event where questions to the chef and chat between staff is encouraged.

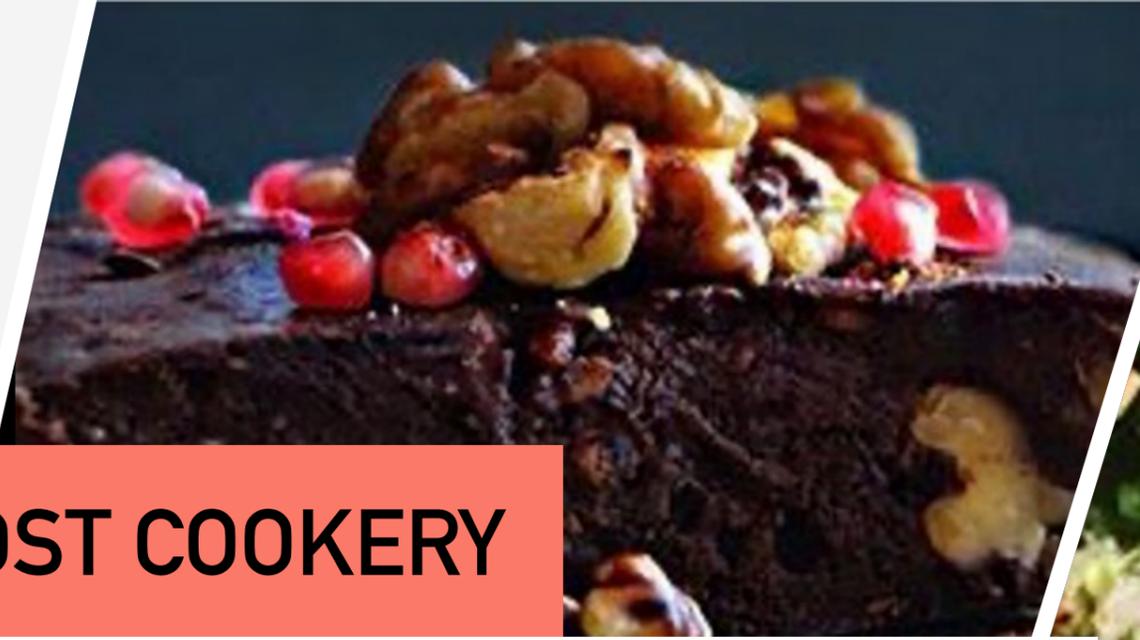


60 - 90
MINS



10 +
PEOPLE





IMMUNE BOOST COOKERY

An interactive, educational and fun virtual cookery masterclass aimed at boosting your immune system whilst learning about nutritional foods.

Expect to make an immunity-boosting shot, a good gut grain bowl and avocado brownies as a delicious healthy alternative dessert!

Learn about the health benefits of foods as our host explains how they interact with the body to boost immune systems and fight viruses. An interactive Q&A session will be included and the masterclass will be suitable for any abilities.



VIRTUALLY SUSHI

Welcome to the wonderful world of sushi - low in fat, packed full of omega 3 and vitamins, and tasty!

Our workshop is the perfect way to experience hands-on sushi making under the guidance of our expert chef. It's an excellent opportunity to have some fun learning a new skill.

We will deliver sushi-making kits to the homes of every participant, so they'll be equipped with everything to make a variety of different sushi including Maki sushi, Uramaki, Nigiri & Temaki.

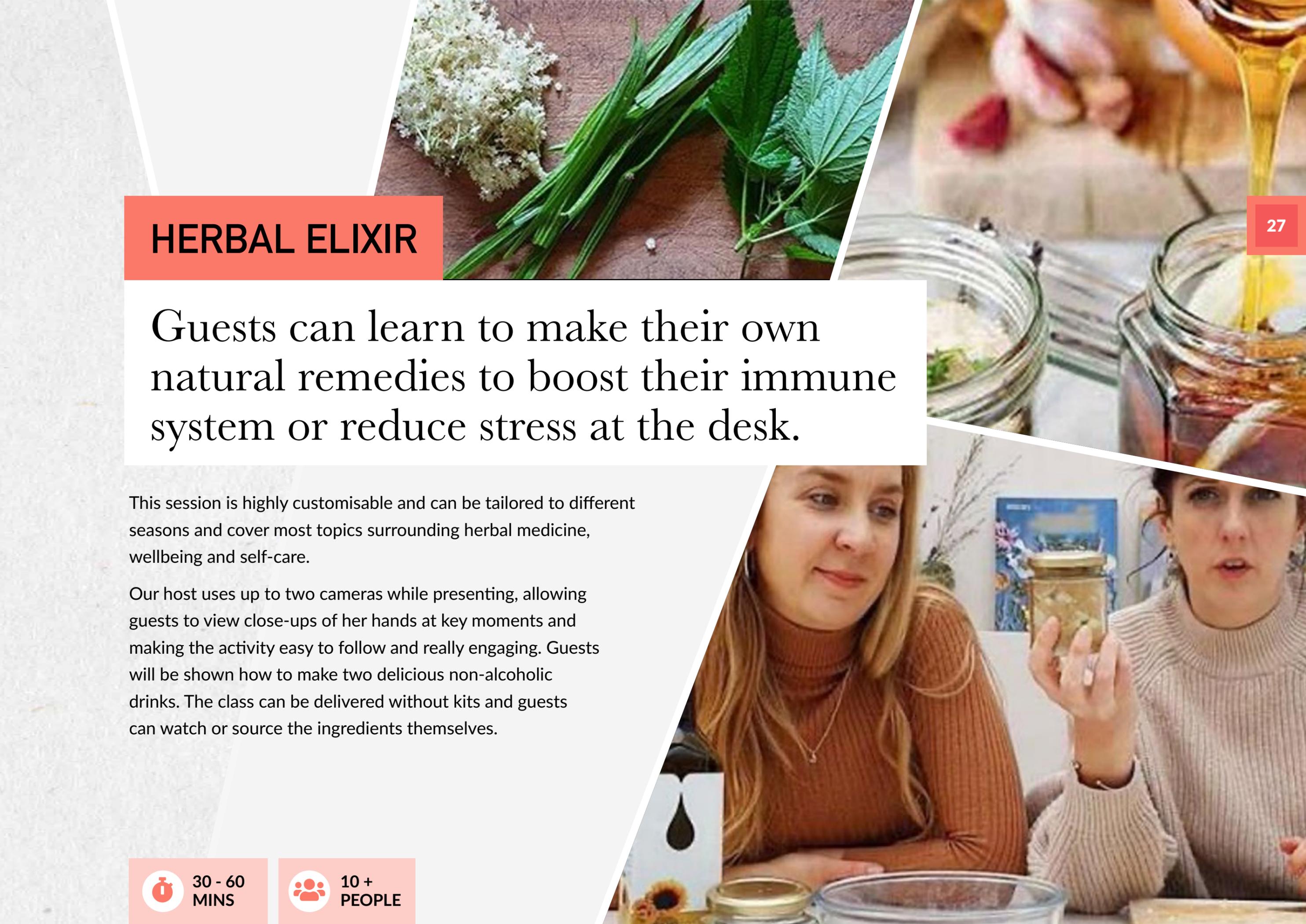


60 - 120
MINS



10 +
PEOPLE





HERBAL ELIXIR

Guests can learn to make their own natural remedies to boost their immune system or reduce stress at the desk.

This session is highly customisable and can be tailored to different seasons and cover most topics surrounding herbal medicine, wellbeing and self-care.

Our host uses up to two cameras while presenting, allowing guests to view close-ups of her hands at key moments and making the activity easy to follow and really engaging. Guests will be shown how to make two delicious non-alcoholic drinks. The class can be delivered without kits and guests can watch or source the ingredients themselves.



KOMBUCHA BREWING

Kombucha is made from sweetened tea that has been fermented by a symbiotic culture of bacteria and yeast (also known as a **SCOBY**)!

Introduce your virtual guests to this incredible 2000-year-old tradition and empower them to try something new with our interactive workshop.

The probiotic nature of kombucha means it is full of beneficial bacteria that are good for your gut, body and mind. Health benefits include supporting your immune system, boosting energy and improving digestion. Each guest will receive a starter kit for use during the workshop and to allow them to continue brewing kombucha for years to come!



45 - 90
MINS



10 +
PEOPLE



HOLLY WHITE JUICE CLASS

Learn the basics of juicing with author, TV presenter, blogger and journalist Holly White in this engaging virtual workshop.

Qualified plant-based nutritionist Holly doesn't just teach guests the basics of juicing, she'll advise on how to incorporate them into everyday life. Classes can cover using seasonal ingredients or juicing to boost your immune system.

Although it is encouraged that guests 'juice along' with the workshop this isn't a necessity. If they do want to join in, a juicer (or blender for smoothies) is required. Everyone receives a digital workbook crammed full of hints, tips and delicious recipes to make this a life-long healthy habit!



INDOOR GARDENING

In this indoor gardening workshop, you will learn from a highly experienced horticulturalist...

how to plant herbs and salad indoors, how to sprout seeds, how to propagate plants and how to regrow vegetables from your leftover scraps.

Your kit will include 3 herb and salad seed packets that can be grown on any window ledge and 2 sprouting seed packets to grow nutritious micro-greens to add to your salads, smoothies and meals.



60 - 90
MINS



10 +
PEOPLE



HERB GARDENING

31

This activity gives participants the chance to connect with nature, be creative and learn a new skill.

A kit will be posted out in advance containing a mixture of different herbs which can be used in cooking, teas, cocktails and beauty products.

During the session participants will learn how to create their own mini herb garden that is suitable for inside or out. Our expert gardener will be on hand to share recipe ideas, explain nifty potting techniques and advise how to maintain the garden and keep it thriving for years to come.



TIE DYE WORKSHOP

Breathe new life into old clothes and get creative in this colourful tie-dye workshop!

Participants will have fun learning tying techniques in order to make different designs and patterns. Once they've mastered this, they will be taught how to apply the dye to get the perfect finished look.

In each kit we will provide participants with a t-shirt and tote bag or t-shirt and pair of socks – the choice is yours! We will also provide a bit of extra dye, in case participants want to upcycle some of their own items as well.

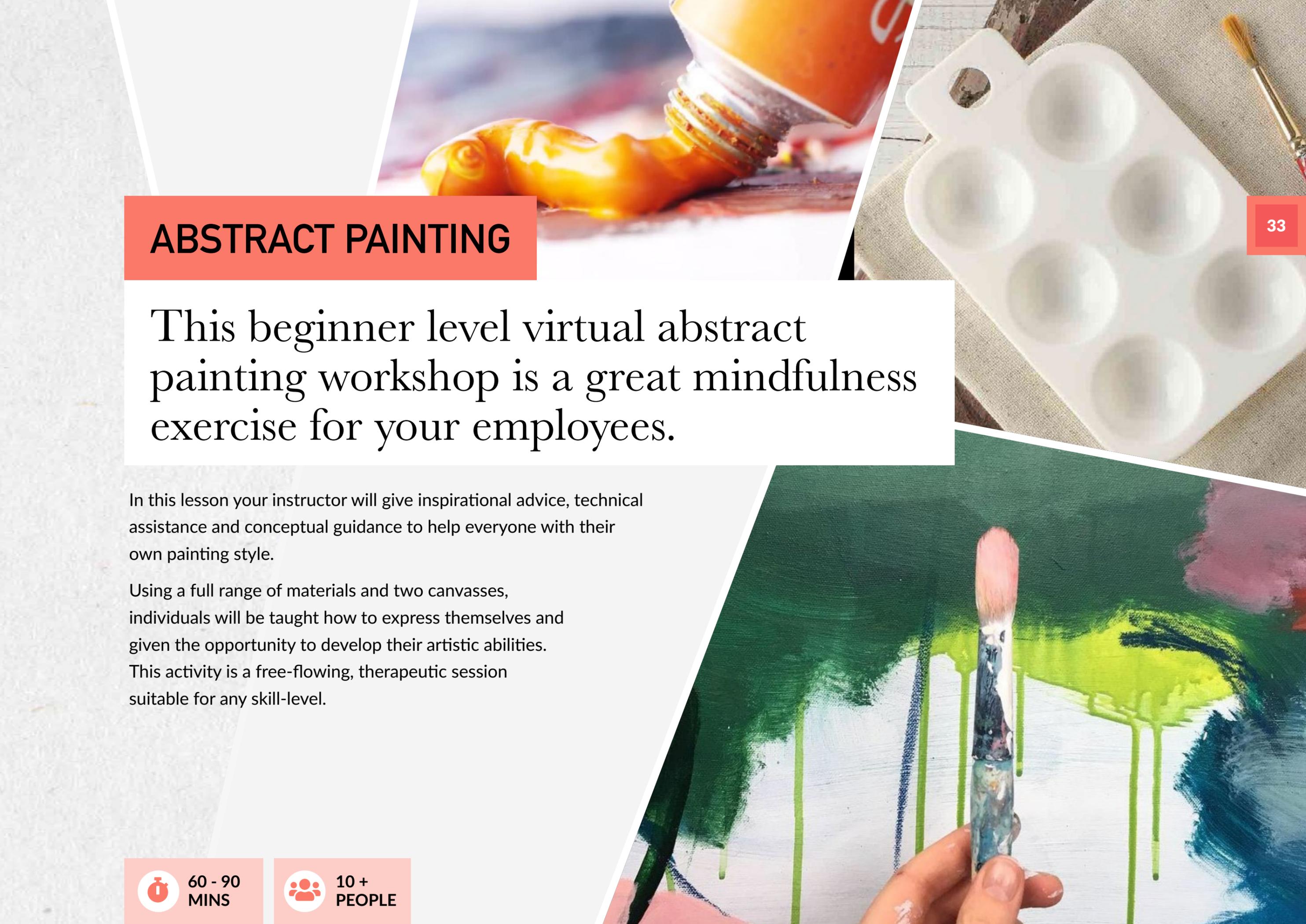


60 - 90
MINS



10 +
PEOPLE





ABSTRACT PAINTING

33

This beginner level virtual abstract painting workshop is a great mindfulness exercise for your employees.

In this lesson your instructor will give inspirational advice, technical assistance and conceptual guidance to help everyone with their own painting style.

Using a full range of materials and two canvasses, individuals will be taught how to express themselves and given the opportunity to develop their artistic abilities. This activity is a free-flowing, therapeutic session suitable for any skill-level.



60 - 90
MINS



10 +
PEOPLE

DRAWING CLASS

In this drawing class participants will have the opportunity to learn tips and techniques, giving them an introduction to the drawing materials provided.

We will work with you to choose a bespoke theme in advance such as botanical drawing or self-portraits. The instructor will supply reference images, or you can choose to draw something in your own home.

This mindful activity isn't only about the final artwork produced but is designed to give participants the chance to do something relaxing and therapeutic. It is a great option for teams looking to connect and do something different during their usual working day.

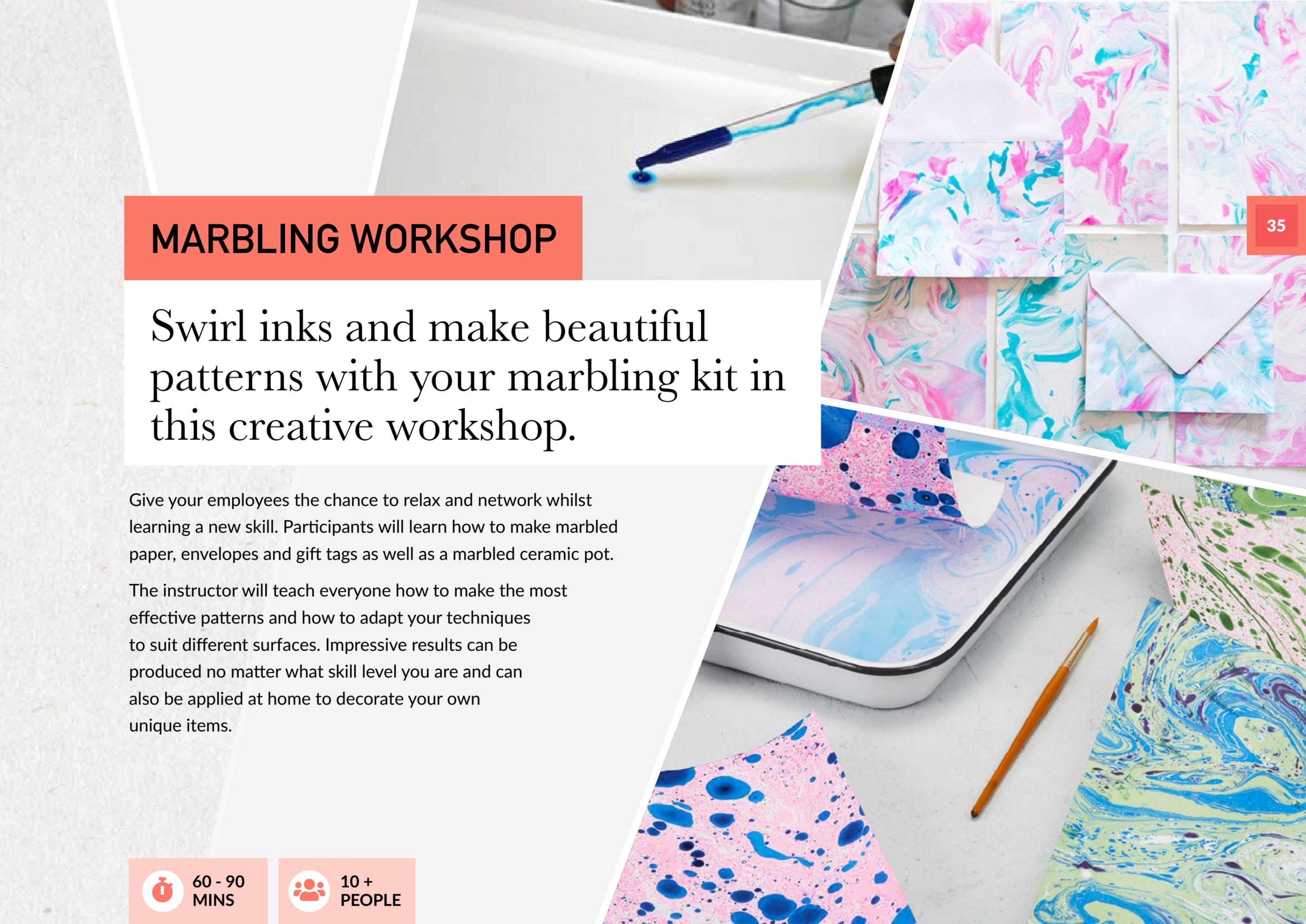


60 - 90
MINS



10 +
PEOPLE



A collage of images related to marbling. At the top, a white tray contains a blue ink dropper. To the right, several envelopes and gift tags are decorated with vibrant, swirling marbled patterns in shades of pink, blue, and white. Below, a white tray shows a marbling process in progress with blue and pink ink swirling in a liquid. In the foreground, a wooden pencil lies on a white surface next to two pieces of marbled paper: one with pink and blue spots, and another with blue, green, and purple swirls.

MARBLING WORKSHOP

Swirl inks and make beautiful patterns with your marbling kit in this creative workshop.

Give your employees the chance to relax and network whilst learning a new skill. Participants will learn how to make marbled paper, envelopes and gift tags as well as a marbled ceramic pot.

The instructor will teach everyone how to make the most effective patterns and how to adapt your techniques to suit different surfaces. Impressive results can be produced no matter what skill level you are and can also be applied at home to decorate your own unique items.



WATERCOLOUR PAINTING

Considered one of the most relaxing art forms, participants will get the chance to work with colours and express themselves in this therapeutic session.

Suitable for beginners, the instructor will build up participants confidence using the art materials provided.

Using two types of watercolour paints, individuals can try out new styles and moods. The instructor will give inspiration, but participants are able to be as creative as they would like. Participants will also have enough materials so they can continue using their kit after the session to unwind.



60 - 90
MINS



10 +
PEOPLE



NEON SIGN MAKING

Our expert tutor will teach participants how to design and make their own neon style sign using light-up electro luminous wire.

Each person will have the freedom to create their own personalised design with the guidance of the instructor.

This fun activity, will give your employees the chance to learn a new skill. We can also add a competitive twist, so participants can show off their artwork for the chance to be crowned the winner with a prize sent in the post after the event.



SPRING WREATH MAKING

In this activity participants will learn how to make a beautiful living wreath for Spring or Easter, using seasonal spring bulbs.

These beautiful planted arrangements will last for weeks, with different flowers blooming at different times.

Hosted by an expert florist, participants will be guided through each step from making the moss base, planting the bulbs within the wreath, adding foliage and decorations and maintaining the living wreath. Suitable for inside or outside; you can hang on a door, use as an Easter table centre piece or give as a gift.



60
MINS



10 +
PEOPLE





TERRARIUM WORKSHOP

39

Guests will escape to a virtual "tropical jungle", where they will be joined by an expert plant geek.

This session is about bringing a bit of nature indoors by creating a "jarden" - living garden in a jar! After a demonstration and some fascinating facts about the history of terrariums and how they work, guests will have the opportunity to try for themselves!

Participants will be guided through each step; planting techniques, how to build each layer and how to look after the terrarium afterwards so that the plants thrive and eventually take care of themselves. They will learn how each layer contributes to the overall wellbeing of this self-sustainable eco-system.



60
MINS



10 +
PEOPLE

KOKEDAMA

Kokedama, meaning ‘moss ball’, is an ancient Japanese art form and still very popular in Japanese gardens today.

Hosted by our expert gardener in the virtual Zen garden, guests will be given a demonstration on traditional planting and wrapping techniques.

Kokedama can either be displayed as an ornamental plate or strung up. Participants will be shown how to make a macrame string cradle which their kokedama can sit in. This botanical craze looks stunning, but best of all is wonderfully low maintenance so even the self-confessed plant killers can get theirs to thrive!



60
MINS



10 +
PEOPLE





ECO WAX WRAP MAKING

41

In this unique activity, participants will learn how to design, print and make their own wax food wraps.

This activity is perfect for promoting sustainability, as it focuses on an eco alternative to cling film.

Hosted by our expert, guests will begin by using lino cutting equipment to make their own stamps before learning how to infuse the wax onto their printed cotton. At the end of the activity participants will have a beautiful set of wraps to keep or give as gifts.

After the session participants can re-use their bespoke stamps to make more wraps in the future or create matching cards and gift wrap.



60 - 90
MINS



10 +
PEOPLE



WILLOW WEAVING

As part of this virtual event experience your guests will be taught the artisan craft of willow weaving so they can make their own natural bird feeder.

Hosted by our expert, guests will be guided through each step from making their own template and base to learning about different types of willow and basket weaving techniques.

This mindful and relaxing pastime will give participants the chance to learn a new skill and focus on nature. After the session participants can place their willow bird feeder in their garden or give as a gift. We will also include instructions for a bonus project that can be created with spare materials.

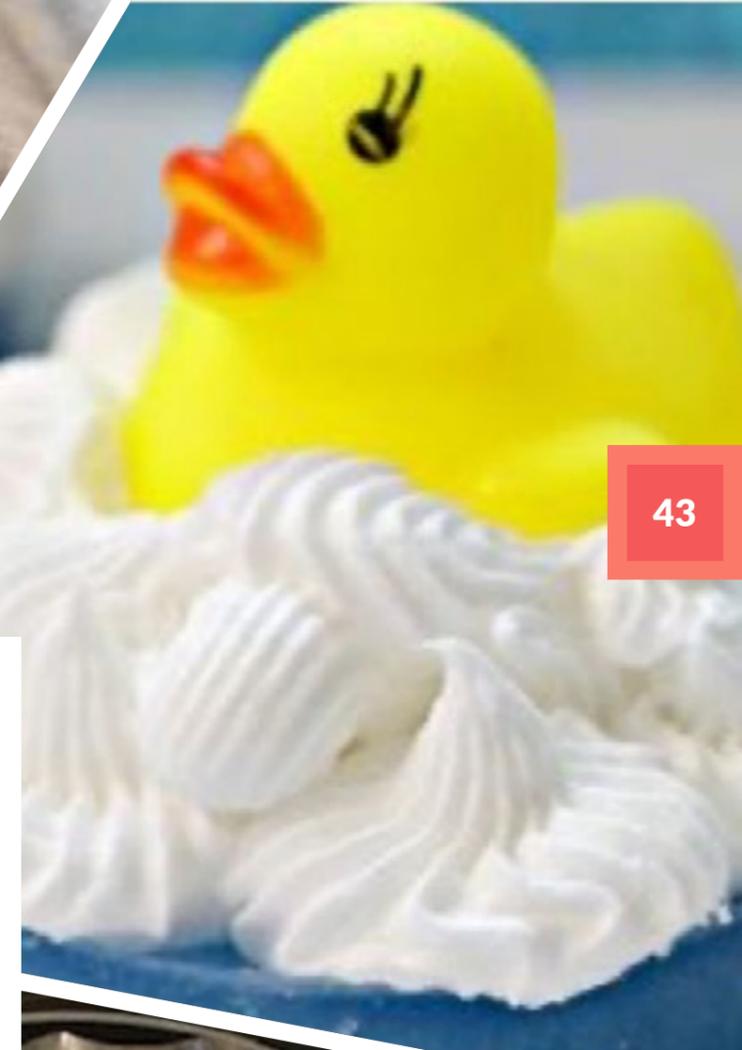


60
MINS



10 +
PEOPLE





GOOD CLEAN FUN

43

With all this hand washing going on, what could be more appropriate than learning how to make stunning handmade soaps?

These will be an eco-friendly alternative to bottled liquid soaps. Participants will receive all the materials and ingredients they need for this activity ahead of the event.

All ingredients have already gone through the saponification process, meaning there are no dangerous chemicals to worry about. Participants can make a range of fun soaps from a novelty rubber duck soap to loofah and cake soaps. This is a chance for participants to be creative and bring out their artistic side.



120
MINS



10 +
PEOPLE



CHANDLERS APPRENTICE

During this activity participants will have the opportunity to make a range of hand made, vegan, soy wax candles using the materials provided in their kits.

Hosted by an expert, participants will be guided through each step from preparing the mould, melting the wax, adding dyes and fragrances and arranging the wick.

Each participant will make a candle in a tin, pillar candle and tealights. This activity can also be turned into a competitive challenge, similar to 'The Apprentice'. Participants can be put into teams, in breakout rooms and tasked with creating and pitching their own candle range to the judges.



60
MINS



10 +
PEOPLE





MINDFUL MANDALAS

45

This activity is a great option for in between meetings, to allow participants the opportunity to practice mindfulness and find some Zen in their day!

The meaning of the word Mandala is “circle” – these are often used in meditation and yoga, signifying the universe, wholeness and a sacred space to focus attention and shut away external influences.

To take part all participants will need to do is raid their cupboards and find three round objects to draw around. Ideally these will be approx. 6cm, 12cm and 18cm e.g., cups, plates and saucepan lids. Everything else they need will be provided in their event packs.



60
MINS



10+
PEOPLE



ORIGAMI

Folding origami offers benefits similar to mindfulness meditation but in a more accessible way.

These tailored workshops are designed to be relaxing, rewarding and engaging. The calm, fun and easy to follow origami workshops are a great way of learning a new skill that can be taken away and practiced in your own time.

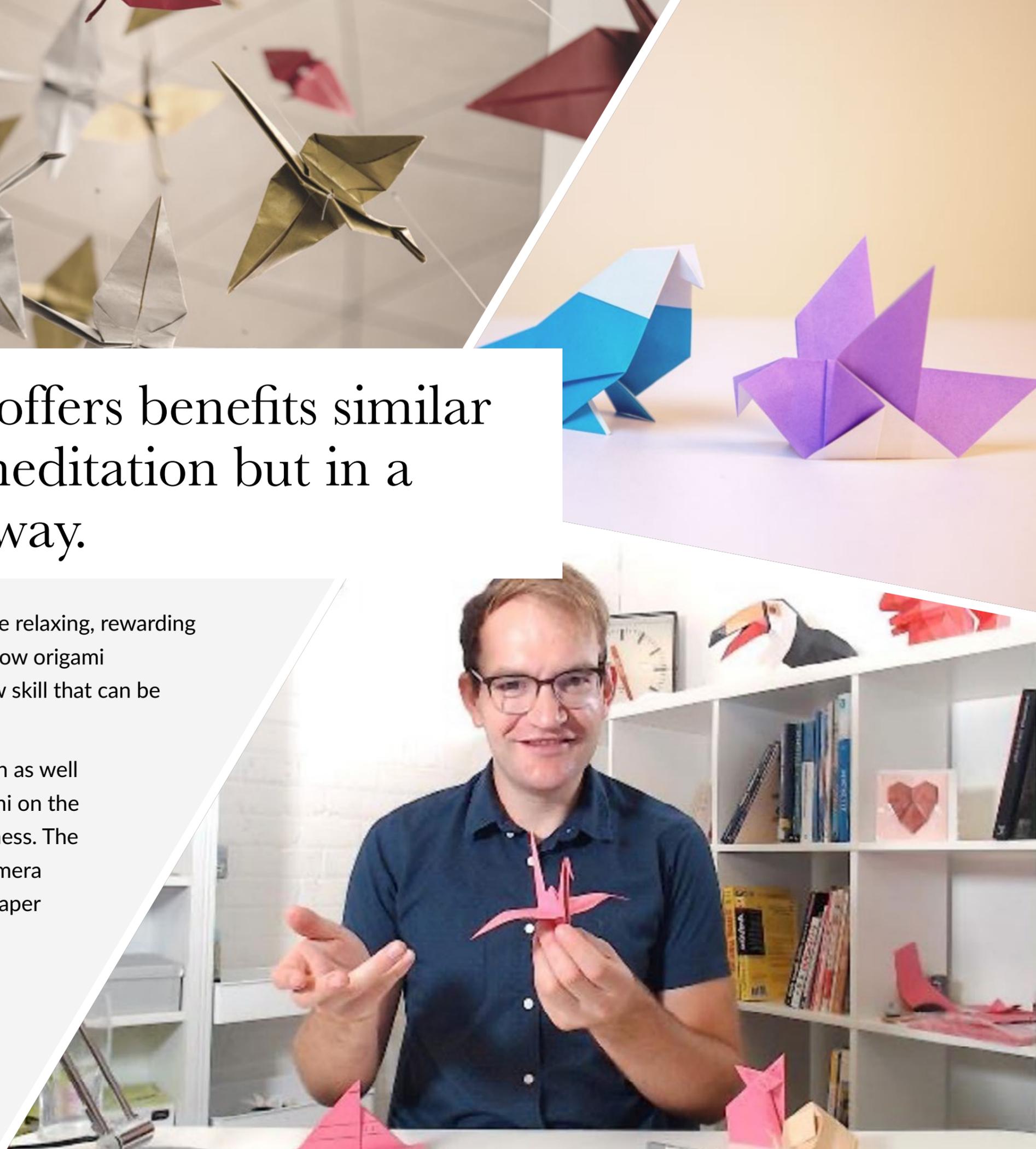
The session includes making 2-3 pieces each as well as a brief discussion on the impact of origami on the nervous system and connection to mindfulness. The experienced origami teacher uses a dual-camera set-up to ensure everyone gets to see the paper folding clearly.



60
MINS



10 +
PEOPLE



MODERN CALLIGRAPHY

The workshop starts with an introduction to calligraphy and a demonstration by the Master Calligrapher.

They will then teach the basic skills, letter strokes and direction and how to join them up and make words.

The workshop will involve participants producing a piece of 'calligraphic art' from an original template designed by the host which they can keep, frame or gift. We can also include an 'inspiration page' - a few common phrases for them to be able to use after the event to create their own gift tags and cards - for example 'Happy Birthday', 'Congratulations' or a collection motivational quotes.



60
MINS



10 +
PEOPLE

ROCKITBOX

Creative customised gift boxes and care packages designed to engage, reward, thank, recognise, inspire or motivate your valued remote audiences.



We design and distribute branded corporate gift boxes and employee care packages with bespoke content. Each box is tailored to your theme and audience - and can be totally personalised.



Customised solutions



Flexible budgets



Design and branding



Gift personalisation



Content sourcing



Packing and distribution



WELLBOX

Gifts to Relax & Rejuvenate

Sample content ideas:

- Herbal Tea
- Calming Candles
- Relaxing Pillow Mist
- Hand Cream
- Wellness or Mindfulness Book
- Healthy Snacks
- Puzzles & Brain Teasers
- Massage Ball



the
WELLNESS
PROJECT

ed to Do Right by My Body,
ring Up My Life

BRAMBLE
& BLOSSOM
sleep well mist

WELLBEING MONTH

Case Study

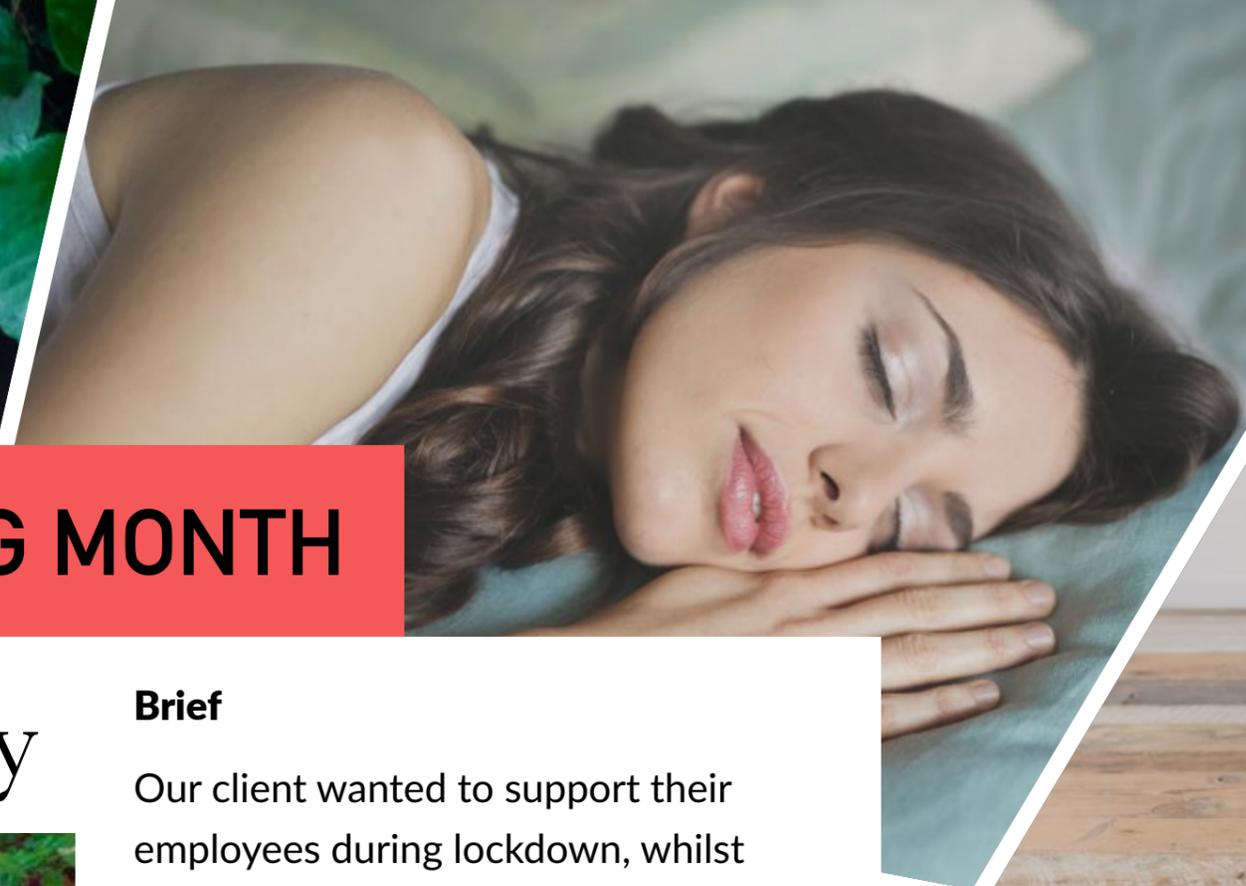


Brief

Our client wanted to support their employees during lockdown, whilst everyone was working from home.

As part of this we were asked to organise a month of virtual wellness-inspired activities that focused on movement, nutrition, wellbeing and staying connected.

Employees would then be able to pick and choose from the sessions offered and join these during their working day. It was important to the client that we offered a variety of activities so that it was inclusive and would appeal to



Solution

Our team designed a bespoke agenda to include speaker sessions, online workouts and energisers.

The activities were chosen to complement the participants weekly aims e.g. move away from your desk for 5 minutes every hour, learn something new this week or create a gratitude mind map.

In the 'movement' week, we included lunchtime pilates and during the 'wellbeing' week, we included tutorials such as positive thinking and sleep and nutrition.

Having a different theme each week alongside the mix of physical and educational activities helped make the wellness month more varied and kept participants motivated.

To round off the wellness month and allow people to try something different, we organised a final 'body perx' energiser involving music and body percussion – an uplifting, interactive virtual performance to bring the team together.



Our clients said

“

In great spirits...

Many thanks for all your support on the event yesterday. It looks like everyone had a fantastic time and it really did add an extra dimension to the event. The event team had fantastic energy and this was clearly contagious – everyone seemed in great spirits by the end (and very competitive!). Thanks again and I hope you have a lovely weekend!

Amazing feedback...

I've had some amazing feedback already, the team loved it!! So a huge thanks to you all, really pleased to hear this.

”

Absolutely loved it...

Thank you for all your support on the event. The team absolutely loved it, it was so well organised, the quality of the kits was great and our host was amazing and inclusive. I've filled out the feedback form and will definitely keep you in mind for future events, as well as recommending internally.

Our clients include





For more info...

Simply connect with us, share your thoughts and we'll share our ideas

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🐦 @rockitfish10