



Wild Wellness

Restorative Wellbeing Sessions for a Healthier, Happier Workforce

In today's dispersed and often stressful work environments, maintaining strong connections and a healthy work-life balance can be challenging. Our programme is designed to tackle these issues head-on, helping your team reconnect with each other and rejuvenate their well-being in serene woodland settings.



Our sessions provide a much-needed escape from the pressures of work, offering a variety of activities specifically aimed at reducing stress, fostering creativity, and rebuilding team cohesion:

Guided Relaxation in Nature;
Creative Nature Crafts;
Campfire Gatherings;
Reflection and Application

By participating in the Wild Wellness Programme, your business can expect a more connected, creative, and resilient workforce, better equipped to handle the challenges of modern work environments, ultimately leading to reduced absenteeism and a stronger, more cohesive team.

But this collaboration is more than just a business transaction - it's a partnership that drives real social change....

When you choose the Wild Wellness Programme, you're not just investing in your staff's well-being—you're also making a significant impact on the lives of some of the most vulnerable children, young people, and families in Central Scotland. The programme is delivered by OutLET, a Lanarkshire-based social enterprise and charity that dedicates all profits to supporting outdoor programmes for children and young people who struggle to thrive within the traditional education system.

Supporting OutLET through the Wild Wellness Programme allows your business to play an essential role in giving vulnerable children and young people the chance to succeed, all while enhancing your company's reputation as a socially responsible organisation.

Together, we can create a ripple effect of positive impact across Central Scotland:

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