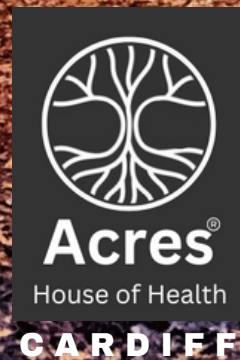


A group of people is gathered around a log cabin at night. The cabin is illuminated by warm string lights hanging from a canopy. A campfire is burning brightly in the foreground. The scene is set in a forest with large trees.

Motivational Health, Well-being & Team-Cohesion



WE OFFER

Meeting Space
Team facilitation days
Motivational Health days
Team-building day
Scenario based learning
Health & well-being
Senior leadership teams
Mental health days
Recruitment testing

110 acre / Private facility / Cardiff

We are conveniently based just off the A470
near Taff's Well, CARDIFF.
5 mins from the M4 J32.



MOUNTAIN MEETING SPACE

Creative / Beautiful / Scenic

Our Mountain Meeting Space is the perfect venue for off-site meetings. A creative and unique space that overlooks the famous Garth Mountain. Here you will get the creative juices flowing as you hold your monthly, Bi-monthly or annual meetings. Think strategically and facilitate new practices whilst looking over the Welsh mountains.

There is no better space to dream of new business ideas, develop new strategies and plans, and facilitate workshops, all whilst looking out over the beautiful Welsh scenery.



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Michelle- CTHB NHS " Thank you so much to the team from ACRES for our team facilitation day today! You went above & beyond for us and I can't thank you enough. The food was incredible and went down really well with the team, and the activities organised were perfect for our cohort! Appreciate you being so flexible with our day, and ensuring that everyone was catered for!"

MOUNTAIN VIEW MEETING SPACE

Creative / Beautiful / Scenic.

BENIFITS:

- Creative Meeting Space
- Unique space
- Private location
- Breathtaking Scenery
- Private parking
- Teas, Coffees and light refreshments
- Catering available

Available - 45 Mins - 8 Hours

Using our 110 Acre health and well-being facility, we are able to cater for any desired outcome. Whether that be Team facilitation days, Scenario based learning, Motivational Health, Team-building days or just a Creative Meeting Space.



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CATERING & FOOD

Nutritious / Organic / Locally Sourced



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We believe that good food should not only taste excellent but do great things for your body. Nutritious foods are the building blocks for a healthy body and mind!

We have partnered with local suppliers including Tidy Kitchen Co to provide fantastic food for all of our corporate events. All our food is prepared using fresh locally sourced ingredients and provide the nourishment that individuals need to thrive and succeed.

Set in either our woodland cabin, or beautiful Mountain studio, there is no better place to sit back and break bread with your colleagues.



Laura- Tidy Kitchen Co "We have the joy of catering for a lovely company during events at the ACRES. Such an excellent corporate retreat and team building experience and it was great to see people out the office really communicating. Proud to serve a fresh, honest and nourishing lunch. It's really what we love!"

CATERING

Nutritious / Organic / Locally Sourced

BENEFITS:

- Locally Sourced
- Welsh organic food
- All food requirements are catered for
- Range of delicious and nutritionally balanced foods
- Convenience without compromise

BUILD YOUR DAY

Please take a look at the following sessions and activities that would best suit your company and staff goals.

You can either choose one as the main focus for the day, or pick & mix from the different activities as you please.

Give us a call, and we can help advise and design the best package based on your desired outcomes for your business.

BUSHCRAFT & SURVIVAL SKILLS.

Headspace / Leadership / Focus.



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To survive in business, individuals need to be proactive, resourceful and relentlessly reliable. Our survival skills training ensures out of the box thinking, creativity and a thirst to solve persistent problems. We develop trust, establish structure and achieve a resilient team, who will return from this experience more agile, adaptable, and flexible.

We believe the forgotten art of survival is the ultimate problem solving task that teases-out a full range of attributes in an individual, causing them to think, act and perform in different fashions. Your team will return from the program, with transferable skills, that will result in positive outcomes to team cohesion and business performance at all levels.

Julie- Welsh International Hockey " Absolutely loved our survival skills at ACRES. Perfect for forgetting the hectic world outside and just getting back to basics in a stunning setting. Myself and the girls loved racing our team mates to build the biggest fire. The team at ACRES are welcoming, knowledgeable and professional. I would highly recommend"

BUSHCRAFT & SURVIVAL SKILLS.

Headspace / Leadership / Focus.

BENIFITS:

- Creativity
- Problem solving
- Leadership
- Headspace
- Mindfulness
- Competitive

Available - 45 Mins - 4 Hours

| | |
|---------------|---|
| PHYSICAL | 2 |
| WELLNESS | 3 |
| LEADERSHIP | 4 |
| COMMUNICATION | 4 |
| TEAM-BUILDING | 5 |

BREATH-WORK

Mindfulness / Personal Development / Relaxing



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CARDIFF

When we harness the power of breath, we take control over our physical and mental health, dramatically improving our overall wellbeing and performance.

We explore and practice effective movements and breathing techniques to enhance day to day life, promoting healthier, and more cognitively enhanced individuals through breath. Increased quality of sleep, enhanced physical performance, and sharper mental fortitude are all take aways from this course, and will ensure that staff leave feeling the true health benefits.

"Samantha -Allan Griffiths Construction "Our job at Allan Griffiths can on times, be incredibly stressful, busy, and complicated. Learning breathing methods from the Mountain Yoga team on how to slow down our heart rate, improve our concentration, and reduce anxiety, gave my team the ability to make clearer decisions, focus more on the task, and complete them in a timely fashion! Some incredible take home lessons that we still practice to this day!"

BREATHWORK

Mindfulness / Personal Development / Relaxing

BENIFITS:

- Increased energy levels.
- Deeper sense of community.
- Increased focus, productivity & clarity.
- Decreased burnout, stress, anxiety.
- Improved creativity, & decision making.

Available - 45 Mins - 4 Hours

| | |
|---------------|---|
| PHYSICAL | 2 |
| WELLNESS | 5 |
| LEADERSHIP | 1 |
| COMMUNICATION | 1 |
| TEAM-BUILDING | 3 |

LOG CABIN - FIRE & FEAST

Atmosphere / Relaxing / Social



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House of Health

CARDIFF

Set in our secluded woodland Basecamp, enjoy a drink around our large fire pit, socialise with colleagues new and old, and enjoy the sound of the woodlands and the beautiful fairy lights within our rustic Log Cabin.

Find comfort in toasting marshmallows on open flames as they turn into chewy melting pockets. Sit back around the warm glow of the embers and listen to colleagues bonding and enjoying their time together.



"Dan Tyte -Working Word PR "The atmosphere at the fire and feast provided by ACRES was absolutely spot on! They had a roaring fire, fairy lights surrounding their rustic log cabin, and gargantuan marshmallows for roasting! My staff at working word all looked completely relaxed and at home, and the staff of Mountain Yoga went out of their way to ensure that we had the best time possible! Thanks guys!"

LOG CABIN FIRE & FEAST

Atmosphere / Relaxing / Social

BENIFITS:

- Shared collective experience
- Accessible to all
- Create positive memories together
- Improve personal, community and environmental wellbeing

Available - up to 2 Hours

| | |
|---------------|---|
| PHYSICAL | 2 |
| WELLNESS | 5 |
| LEADERSHIP | 2 |
| COMMUNICATION | 4 |
| TEAM-BUILDING | 5 |

All of our sessions and programmes are designed with you from the ground up. We don't do off the shelf, and we don't do boring. Every session is designed to your specifications, and your desired goals and outcomes for your team or Company.



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YOGA & FLEXIBILITY

Relaxing / Mindfulness / Wellness

We now regularly sit down all day, and as a consequence have chronic back and lumbar pain, decreased ranges of motion and are unable to stand for long periods of time. Due to lack of movement, we also have higher stress levels, increased anxiety, and lower overall morale.

Our Mountain Yoga classes, will give you the freedom to increase range of motion, improve cognitive performance, enhance mental agility and promote a natural high. Featuring Cardiff's most beautiful mountains, Individuals will feel the instant benefits of detoxing from the outside world and enjoying mental clarity.

All you will hear is the birds, rushing water, and the sound of your own breath... How Yoga should be!



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Steve - "Guaranteed to be the best experience of yoga you can have in South Wales. The staff and instructors at ACRES & Mountain Yoga are very welcoming. The studio is lovely and warm with the sun coming in. The studio is lovely and warm and the decking with the beautiful views of Pentyrch Woods and Garth Mountain are something special.

BENIFITS:

- Less absenteeism
- Higher productivity
- A more harmonious workplace
- Improved overall morale
- Better customer service
- Less employee turnover
- A more fulfilled and joyful workforce
- Lowered stress-related health care costs

YOGA & FLEXIBILITY

Relaxing / Mindfulness / Wellness

Available - 45 Mins - 2 Hours

| | |
|---------------|---|
| PHYSICAL | 3 |
| WELLNESS | 5 |
| LEADERSHIP | 2 |
| COMMUNICATION | 2 |
| TEAM-BUILDING | 3 |

WIM HOF COLD WATER THERAPY

Exciting / Growth Mindset / Discipline



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Cold water is a high performance strategy that has been used for decades and brings with it numerous widely published benefits. Many use cold water as a vehicle to improve discipline, adopt a growth mindset, and develop mental clarity.

Set in our woodland cabins, alongside our cold water plunge pool, learn Wim Hof methods to overcome challenging obstacles. Install discipline, the ability to stay calm under pressure, deal with difficult scenarios and develop mental toughness, when stepping into our cold water plunge pool, Control your breath, Control the outcome.



Jenny- WRU Women's International Rugby "After stepping into the cold water, I found that my mind was light and free, I was not bogged down by the heavy stuff, but instead found I was able to cut through the noise, and focus on the most important aspects of my life and work. A game changer."

BENIFITS:

- Self Esteem boost
- Growth Mindset
- Mindfulness
- Increased Immune system
- Decreased inflammation in the body
- Build a sense of community
- Increased tolerance to stress in a simulated environment

WIM HOF
COLD WATER THERAPY
Exciting / Growth Mindset / Discipline

Available - 45 Mins - 4 Hours

| | |
|---------------|---|
| PHYSICAL | 3 |
| WELLNESS | 5 |
| LEADERSHIP | 3 |
| COMMUNICATION | 4 |
| TEAM-BUILDING | 5 |

MOTIVATIONAL SPEAKERS.

Motivating / Empowering / Insightful

Motivation and discipline are both tools that when used effectively increase individual performance, boost team spirit, and ensure that employees continue to drive towards a goal specific task.

We work with multiple key note speakers, including well known and established speaker; Tori James. Tori was the first Welsh Woman to ever scale Everest! She is a professional adventurer and has 20+ years' experience of expeditions and extreme adventures. Now specialising in leadership, development and high performing teams, Tori provides a perfect crossover from adventure to business, using real life concepts and business examples. From Risk and resilience, to achieving against the odds, all the way to growth and performance mindsets.

Empower your staff to make positive impacts on their goals and visions, and ultimately become a force to be reckoned with from within your organisation.



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House of Health
CARDIFF

"Mike Richards - USW "One of the most engaging and inspirational speakers I've ever heard...loved how she was able to adapt the lessons learned from her challenges into the workplace."

MOTIVATIONAL SPEAKER

Motivating / Empowering / Insightful

BENIFITS:

- Motivating
- Overcoming adversity
- Empowering
- Growth Mindset
- Impactful

Available - 45 Mins - 2 Hours

| | |
|---------------|---|
| PHYSICAL | 1 |
| WELLNESS | 3 |
| LEADERSHIP | 2 |
| COMMUNICATION | 2 |
| TEAM-BUILDING | 3 |

Meeting Space
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NAVIGATION

Skills / Leadership / Team Building



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We teach the art of map appreciation and orienteering, finding your way just using compass and map. We challenge teams to a large scavenger hunt around our 110 acre site, in which they must reach check points within a certain time.

This outdoor component is a condensed expedition which mimics the challenges teams face anywhere – setting tasks and processing goals, making expedient decisions, balancing task achievement with group development, blending distinct individuals to form a cohesive team, and working through unforeseen hurdles. Following completion of the course, teams will debrief the experience with instructors in order to reflect on the exercise and improve for future endeavours.



NAVIGATION

Skills / Leadership / Team Building

BENIFITS:

- Leadership
- Group decision making
- Crisis communication and management
- Leading Through Ambiguity
- Essential working roles within an effective and cohesive team
- Individual and Team Conflict Styles and Strategies

Available - 2 to 4 Hours

| | |
|---------------|---|
| PHYSICAL | 2 |
| WELLNESS | 3 |
| LEADERSHIP | 4 |
| COMMUNICATION | 4 |
| TEAM-BUILDING | 4 |

ROPE CONFIDENCE

Aptitude / Skill / Listening

Can your employees, listen, interpret and apply? We teach individuals methods favoured by the British military on how to climb a rope. This requires the ability to listen and apply. We find this challenge is not based on strength, but instead the ability to replicate the instructions given and apply them to the task at hand.

After some expert tuition, you'll be amazed how nearly all participants can not only climb a rope, but can lock off, and hold their own body weight whilst holding on with only one hand! Not to missed!

This proves that anyone can achieve things they thought were impossible and ultimately change that "Can't do" attitude



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ROPE CONFIDENCE Aptitude / Skill / Listening

BENIFITS:

- Listening to instruction
- Confidence
- Skill
- Mindset
- Changing the 'Cant do' mindset

Available - 30 Mins - 1Hour

| | |
|---------------|---|
| PHYSICAL | 3 |
| WELLNESS | 3 |
| LEADERSHIP | 2 |
| COMMUNICATION | 4 |
| TEAM-BUILDING | 4 |

MINI OBSTACLE COURSE

Communication / Perseverance / Resolve



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Overcoming obstacles in business and in life requires teams and individuals to work through a challenge in order to achieve a shared or common goal.

One of our most fun and favourite activities, Our Mini Obstacle Course contains multiple basic but tricky obstacles that teams must manoeuvre together whilst carrying random objects such as a glass of milk, traffic cone etc (you get the picture). Based along a flowing stream, teams must duck, dodge and dive to the finish with all items dry and intact. This is a team challenge, and more about the collaboration, communication and leadership of the team as a collective.

Team members will develop self-awareness, resilience, and a can do attitude towards any obstacle in their way.



MINI OBSTACLE COURSE

Communication / Perseverance / Resolve

BENIFITS:

- Self Esteem boost
- Growth Mindset
- Problem solving
- Getting to know your staff members
- Increased tolerance to stress in a simulated environment

Available - 45 Mins - 2 Hours

| | |
|----------------------|----------|
| PHYSICAL | 4 |
| WELLNESS | 2 |
| LEADERSHIP | 4 |
| COMMUNICATION | 4 |
| TEAM-BUILDING | 4 |

Give us a call, and we can help advise and design the best package based on your desired outcomes for your team.



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SEARCH & RESCUE SCENARIO

Leadership / Immersive / team-building



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Think "ESCAPE ROOMS with a purpose"

This course is pound for pound the best immersive learning experience that teams will ever encounter.

This realistic scenario is designed with key learning outcomes that can be applied to real world business applications. It brings with it numerous benefits to both the team and individuals.

You will be given specific training and equipment ready to delve into this immersive scenario. Everyone will be given a role from Radio Communicator, all the way to the extraction team.

Mountain Rescue participants will await an emergency phone call providing the objective of the mission. Participants and teams must then effectively save the life of the downed mountain adventurer!

Instructors will guide and advise where necessary, after completion they will give a full debrief on performance, and look to highlight constructive feedback and areas for improvement.

This unforgettable learning experience will give teams the tools to forge strong working relationships, improve leadership and communication, and become eminently more disciplined,

BENIFITS:

- Self Esteem boost
- Growth Mindset
- Real life Escape Rooms
- Leadership
- Community
- Shared experience
- Ability to make quick decisions under pressure
- Adapt and overcome
- Increased tolerance to stress in a simulated environment

SEARCH & RESCUE SCENARIO

Leadership / Immersive / team-building

Available - 4 Hours

| | |
|---------------|---|
| PHYSICAL | 3 |
| WELLNESS | 2 |
| LEADERSHIP | 5 |
| COMMUNICATION | 5 |
| TEAM-BUILDING | 5 |

Using our 110 Acre facility, we create bespoke company away days designed with your business in mind, in order to better meet the needs of your employees. Businesses use our private, serene location to hold off-site meetings, lunches, retreats, company away days, facilitation days and much more...

We are conveniently based just off the A470 nr Taffs well, 5 mins from the M4 J32.

Directions - Search for ACRES or MOUNTAIN YOGA on Google maps



NORTH VIEW
CF15 7SD

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