



 *wyld* EXPERIENCES

THRIVE IN NATURE, THRIVE AT WORK



Our Mission

At Wyld Experiences, we **empower corporate teams through immersive outdoor experiences** that transcend conventional team building. Rooted in the primal connection between humanity and nature, our unique offering, led by women, goes beyond survival - they foster **a culture of "thrival."**

We believe in the **transformative power of the outdoors**, where participants engage in hands-on experiences, developing practical skills and inspiring confidence - enabling them to **thrive in nature**.

With activities such as **fire lighting workshops, nature crafting, group coaching and mindfulness workshops**, our mission is to equip individuals with tangible skills, enhancing their mental resilience all while bonding together in the wyld.

Wyld Experiences is **more than just a day away from the office**. We offer a journey into self discovery, promoting wellbeing, heightened self-esteem, and increased confidence.

Our female-led coaching sessions aim to amplify awareness of individual strengths, foster meaningful connections, and **improve both personal and professional relationships**.

Being led by women offers **holistic wellbeing, blending physical challenges with mental and emotional growth**. We bring empathy and intuition to our leadership, creating spaces where all participants feel valued and empowered.

Join us as we redefine team building – a communion with nature, and a **holistic approach to thriving in both personal and professional environments**.

Essence of Wyld

£295pp



1 X Day Retreat

-

Lunch: Campfire Chef

-

3 X Activities & Workshops

-

Nature Breaks

Country Wyld

£395pp



1 X Day Retreat

-

Lunch:

English Country House

-

3 X Activities & Workshops

-

Sauna

Wyld Escape

From £590pp



Multi-Day Retreat

-

Retreat on Location

-

Multiple Activities & Workshops

-

Campfire Chef Catered



Essence of Wyld

EMBRACE NATURE'S DAY RETREAT

Immerse in Nature:

1 x outdoor day retreat around the campfire

Practical Skills:

Engage in up to three hands-on activities like fire lighting, nature crafts and coaching

Calming Environment:

Surrounded by the calming beauty of nature, experience a setting that promotes mental and emotional wellbeing

Campfire Lunch:

Enjoy lunch cooked over an open flame, with extra breaks for tea and coffee

Team Bonding and Resilience:

Ideal for teams looking for a refreshing escape, this package fosters team bonding and builds resilience through a journey back to nature's roots

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Country Wyld

THE ULTIMATE NATURE & COMFORT BLEND

Perfect Blend of Nature and Luxury: A mix of outdoor benefits combined with the comfort of lunch inside a country house

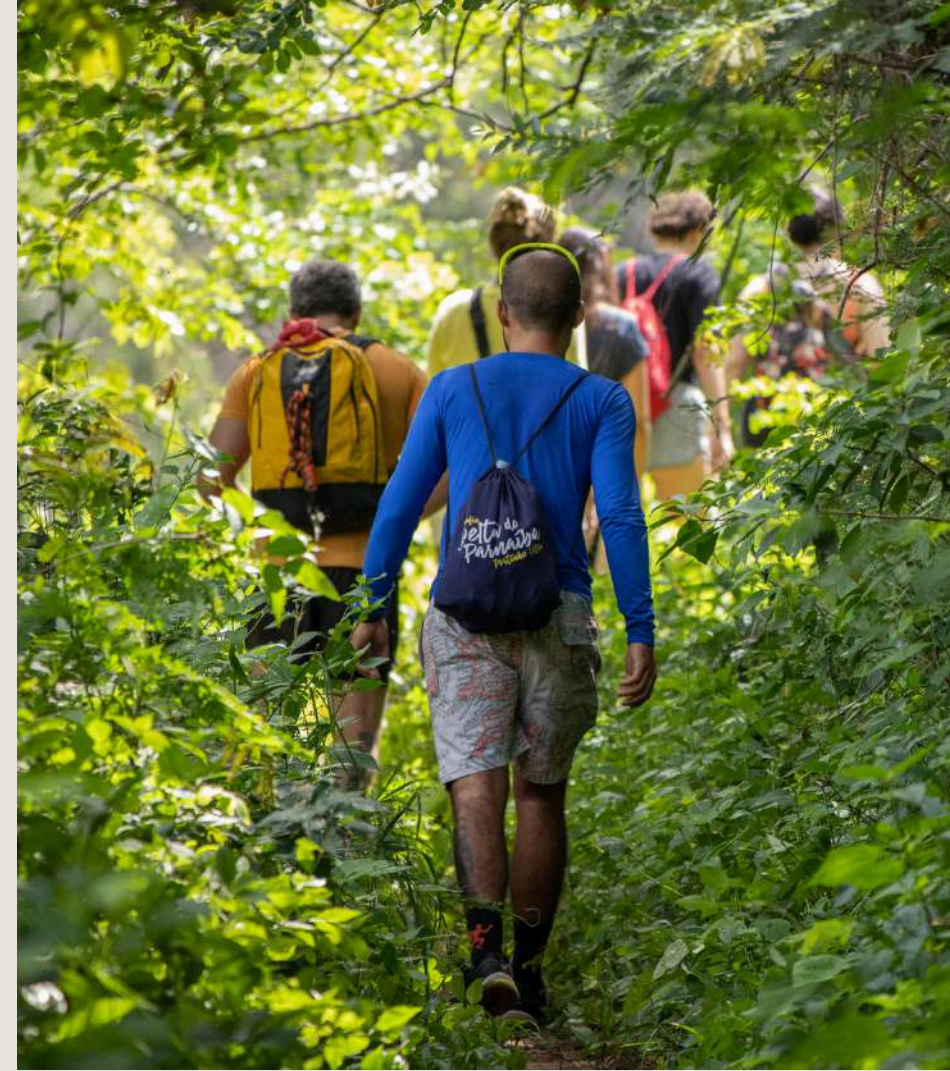
Activities: Packed schedule of practical workshops, including immersive nature experiences and creative workshops

Comfort Breaks: Enjoy the added luxury of taking breaks inside the historic Stanmer House, providing a comfortable environment to relax and rejuvenate

Balanced Experience: Ideal for teams seeking a balanced retreat that combines engaging nature experiences with moments of relaxation and delicious food

Nature Sauna: Add a restorative sauna session to the end of your day

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Wyld Escape

MULTI-DAY WILDERNESS IMMERSION

Extended Nature Experience: A few days of adventure and connection, fully immersing yourself in the wild.

Unique Accommodations: Stay in a cozy treehouse or bell tents, providing a unique lodging experience that's close to nature. Options to stay offsite, choose from a selection of hotels.

Deeper Activity Exploration: Allows for a deeper exploration of activities, offering more opportunities for team bonding and personal growth.

Transformative Journey: Ideal for teams and groups looking for a transformative journey, facilitating a powerful escape from everyday life.

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Our Activities

Fire Lighting Workshops

An immersive exploration of percussive fire-making techniques, building confidence and empowerment.



Group Coaching

Female-led coaching sessions to improve well-being, self-esteem, and professional relationships.

Burn Bowls Crafting

Create your own bowl or trinket dish with foraged wood, connecting with nature through the art of burning.



Campfire Cooking

Get involved with making lunch and practice the skill of cooking over an open flame. Discover new flavours and some Wyld delicacies.



Basket Making

Learn the art of weaving a basket to take home, using natural and foraged materials.



Storytelling Workshops

A workshop designed to foster connection and celebrate individual narratives within a collective story.



Female-led Coaching, with Yael Rose

GET THE MOST OUT OF YOUR DAY WITH OUR
BUSINESS COACHING PACKAGES

For nearly a decade, Yael has been a mentor and a coach. Following difficult life events and personal struggles with burnout, anxiety and depression, she rediscovered meditation and mindfulness as a way of healing.

Now armed with further training in **somatic tracking and emotional awareness**, she offers **group workshops and coaching**.

Yael's mission is to **help people break free from limiting beliefs**, empowering them with mindset tools to calm the mind and **practical skills to fulfil their potential**.



Goodbye Imposter Syndrome

Regain confidence in your strengths and abilities. You will discover the limiting beliefs that are holding you back, and transform them to help you project your true value. No more feeling like an imposter - you earned your seat at the table!

Feel Free

Reduce stress and anxiety by learning to recognise and release difficult emotions. Using the tools of guided somatic tracking and meditation, you will say goodbye to guilt and shame and hello to self-acceptance and self-care.

Calm Your Mind

The stresses of modern life means our minds are busier than ever. A few minutes of meditation a day has been shown to improve creativity, focus and well-being. You will be taught simple meditation skills (beginners level) you can easily incorporate into your busy schedule.

Why Wyld?



Female Led

Wyld Experiences is brought to you by women. We bring **empathy and intuition to leadership styles**, creating spaces where all participants feel valued and empowered



Corporate Wellness

Enhanced **team cohesion and communication**, heightened self-esteem, greater resilience and **adaptability**, improved problem-solving and **creativity**, boost in **morale and motivation**



Time in Nature

Spending time in nature offers teams the opportunity to **disconnect from office routines**. It significantly enhances **mental health**, **reducing stress** and a renewed sense of purpose in an outdoor setting.



Skills

Participants will master **essential 'thrival' skills**, including fire lighting and **mindfulness practices**, equipping them with the resourcefulness needed to thrive in any environment, both **in nature and in the workplace**.

A day in the Wyld

AN EXAMPLE DAY 'ESSENCE OF WYLD' + 'COUNTRY WYLD'

10:00 - 10:30 Wyld Welcome

10:30 - 12:30 *Activity 01: Fire Lighting Workshop*

12:30 Lunch

Enjoy lunch cooked over an open fire or take respite in Stanmer House - a beautiful country house with a cafe and restaurant

13:00 - 15:00 *Activity 02: Burn Bowls Crafting / Basket Making*

15:00 - Break

Option for a nature walk or grab a coffee from the cafe

15:30 *Activity 03: Group Coaching / Storytelling Workshop*

16:30 - 17:00 Close & Reflections

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Our Team

THE HEARTBEAT OF WYLD EXPERIENCES

At Wyld Experiences, our leadership team, comprising **Caroline, Candy, and Poppie**, stands at the forefront of blending holistic development with nature's transformative power.

Caroline brings **qualifications in Psychology (BSc), Mental Health Nursing (BSc, RMN), and Inclusive Arts Practice (Ma)**, enriched by her Forest School training, to nurture deep connections within our community.

Candy creates **supportive spaces for growth, focusing on the empowerment of women** through her coaching programmes.

Poppie, the force behind Wyld Mothers Fire, leverages her journey and **expertise as a Forest School Leader** to foster a sense of community and safety, whilst bringing over 10 years marketing and communications experience to spread our message.

Together, they form the **heartbeat of Wyld Experiences**, guiding participants through immersive outdoor adventures. Their combined expertise ensures that **every experience is safe and transformative, embodying our mission to empower individuals to thrive in all aspects of life.**



Your Impact beyond the Fireside

By choosing us for your team building activity this year, **you're not only investing in a unique outdoor experience but also directly supporting our community initiatives for mothers and their children.**

A percentage of our income goes directly to hosting **Wyld Mothers Fire, weekly community groups in Sussex for new mothers and babies.** These gatherings provide a supportive space for mothers, fostering mental health and wellbeing. Your decision to engage with Wyld Experiences contributes to the sustainability of these crucial community initiatives.

By engaging with Wyld Experiences, your team building activity becomes a catalyst for positive change, directly impacting the lives of mothers in our community. **It's team building with a purpose** – fostering growth not only within your team but also within the broader community we proudly serve.



How to book

ARE YOU READY TO JOIN US ON YOUR NEXT WYLD EXPERIENCE?

Contact us today
to book your
Wyld Experience



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www.wyldexperiences.com



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