



MEETING IN BALANCE

# ENERGIZE YOUR CONFERENCE EXPERIENCE

- ✓ Do you want to make a meaningful difference with your event?
- ✓ Do you see delegates struggling to stay focused during sessions?
- ✓ Seeking ways to create an inclusive event environment?
- ✓ Looking for unique sponsor items and delegate gifts?
- ✓ Are you interested in solutions to overcome information overload?
- ✓ Offer something unique and long-lasting?



## Maximize your event ROI by prioritizing the attendee



### Healthy concepts

Dive into our healthy concepts boasting inspiring **keynote speakers**, **energizers** and interactive **workshops**. Imagine unwinding in our **relaxation lounge** with **napping pods**, **SpaCapsule** and **sensory room**. Ever experienced total relaxation in a **VR world**? Let your delegates enjoy this, or engage them with our **inclusive well-being challenge**.



### Sponsoring or booth opportunities

Discover impactful sponsoring opportunities for your conference. We can assist your association or agency with a comprehensive list of **innovative sponsorship elements** to enhance your conference experience. Or explore **unique** items to attract more visitors to your **exhibition booths**. Check out our well-being **sponsoring opportunities** brochure with pre-written texts for seamless integration into your own industry prospectus.



### Mini Course for more focus, engagement and networking

The **ultimate event preparation for delegates**: The bite-size Conference Essentials Mini Course: Maximize your energy and network like a pro. Engage delegates with strategies to keep focus and **share knowledge** with delegates and speakers. Tips for **networking** and **balancing ongoing office work**. Beat-the-jetlag tools and tips for energizing lunch choices. **Complimentary benefits**: Newsletter content, infographic balance card template and healthy push messages for your event app.



### Well-being program design & consultancy

Partner with our industry **experts** to maximize **well-being**, **productivity**, and **delegate satisfaction** within your program planning. Let us help you create an unforgettable event experience that leaves attendees **inspired** and **fulfilled**.

Questions? Check the FAQ

## JOIN THE HEALTHY CONFERENCE MOVEMENT



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# WELL-BEING AT EVENTS

*Our concepts*

Maximize event ROI by prioritizing the attendee

## Program Design & Inspiring Keynote Speakers

A newcomers' walk, providing free time and starting not.too.early. Just some ideas for *attendee focused program planning*. Short online or live 'learning snacks' on sleep, mental health and nutrition or an *inspirational keynote speaker* on topics like neuroscience and mental health, nutrition insights, or self-care.



## Well-being challenge

Provide a distinctive engagement opportunity through our Well-being Challenge. Encourage *healthy habits* via our *inclusive app*, fostering brand visibility, community and friendly competition. Delegates can share images of nutritious meals, monitor sleep, energy levels and activities, while enjoying *gamified incentives* to visit specific sessions or booths for bonus points and prizes.



## Mini Course Conference Essentials

The ultimate *conference preparation* for delegates: Conference Essentials: Maximize your energy and network like a pro. A mini course with bitesize on-the-go learning full of tips and tricks for more *focus, engagement* and *networking*.



## Relax & Recharge lounge & Sensory room

Experience our lounges with *napping pods* and *SpaCapsule* or a sensory room, prioritizing delegate well-being, *neuroinclusion* and *mental well-being*. Or what about creating zones like a Meditation Zone, Energy Zone or Mindfulness Zone?



## Energizers & Workshops

From energy and *sensory experiences*, to business constellations. A calming *scentscape experience* or a personal blueprint workshop. Power Breaks and yoga or meditation sessions. And did anyone say an *ice experience*?



## Unique Gifts

Treat speakers or delegates to our unique well-being gifts. From *mini-diffusers* to *smart water bottles*, our branded wellness packs serve as cherished *collectibles* that attendees will use long after the event.



## VR Experience

Dive into our VR Experience: Delegates go on journeys through *calming landscapes* with interactive exercises, offering focus and clarity in just 5-minutes. Monitor mood and stress for *insightful well-being checks*. Offer an escape from cognitive overload and provide space for relaxation.



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