



MEETING IN BALANCE

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.



JOIN THE HEALTHY CONFERENCE MOVEMENT



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