



Team-Building & Offsites Catalogue

Out-of-the-ordinary memorable activities for companies

by Mindful Experiences

About

LARA FERREIRA

Lara Ferreira is a **Mindful Career Mentor and Wellness Advisor**, and the founder of [Mindful Experiences](#) - a platform dedicated to human development and workplace wellbeing.

With over 15 years of corporate experience in global organizations such as Colgate-Palmolive, Philips, and Electrolux, Lara now helps companies and teams **reduce stress, increase engagement, and strengthen connection** through purposeful team-building and off-site experiences.

Blending **mindfulness, neuroscience, and embodiment practices**, her programs bring teams together to **connect in meaningful ways, beyond small talk**.

Through experiences that integrate authentic dialogue and movement, teams build the kind of connection that promotes **trust, collaboration and performance** – in a fun and engaging way.

MINDFUL EXPERIENCES

Mindful Experiences creates **purposeful team-building and wellbeing programs** that balance performance with presence, promoting healthier, more human workplaces.



Overview of Activities

Off-sites

- Mindful Walk & Connection in Nature
- The Team Flow Intuitive Movement & Collaboration
- The Vision Workshop
Company Culture Strengthening
- Breathe & Move Nervous System Regulation for Resilience

In-Company

- Profile Strengths Mapping
Collage Workshop
- Conscious Leadership Lab
From Self-Awareness to Agency
- The Listening Game
Empathetic Communication in Action
- Stress Detox Hour
Mindfulness for Reset & Recharge

Retreats

- Half-Day Retreat
- Full-Day Retreat
- Weekend Retreat

Mindful Connection Walk (Zoo Edition)

Step away from the office and into nature with an immersive journey through the animal kingdom. More than a walk in the zoo, this mindful experience blends presence, play, and connection - offering your team a memorable moment to unwind, engage, and grow together.

Goal (ideal for):

Teams seeking stress release, connection, and collaboration outside the office and in nature.

Structure:

Offsite experience for up to 20 participants, typically 2,5 hours. Includes a guided mindful walk in the zoo, breathing experience, and a team activity.

Expected Outcomes:

Participants might feel rested, re-energised, and more aligned with the company's values.

Photos from 'GoPhoto' Company off-site - September 2025:



Experience Details

- This signature outdoor experience transforms a simple walk into a memorable team journey combining play, reflection, and creativity.
- Participants explore how nature mirrors the company culture and mission, connecting with one another through observation of animals' behaviour.
- Teams are given a playful challenge: as they explore the zoo, they are split into groups to choose one animal that best represents their company's values and prepare a creative explanation for 'why'.
- Throughout the walk, we'll do mindful practices at locations such as the Butterfly Pavilion and the Japanese Garden.
- The experience ends with their presentation of their chosen 'Company Animal' and a closing reflection around the teamwork activity, and the company values, ending with a collective group photo.



Investment & Considerations

Investment:

- Facilitation fee: €700 (incl. program design, preparation, and facilitation; VAT included) for up to 20 team members
- Excludes: ARTIS entry tickets (€29.50/pp), activity prize, photographer, and team F&B.

Considerations:

- Format, location and activities can be tailored to the client's needs (e.g. done in another outdoor location)
- In case of rain, the activity can be rescheduled for another day if the client requests it at least 24h in advance.

Why offer this Mindful Experience to your team?

This isn't just a zoo visit - it's a memorable team journey that combines play, reflection, and creativity. It will leave your employees more connected to each other, more energised, and more aligned with GoPhoto's mission and values, while creating a symbolic "GoPhoto Animal" that represents your brand identity.

GoPhoto Company off-site - September 2025:



📄 The full in-company and off-site activities catalogue can be requested by email:
lara.ferreira@mindfulexp.com

Mindful Retreats

Reset, Reconnect & Realign

Tailored retreats that blend mindset, mindfulness, meditation, movement, and meaningful dialogue to renew the energy, promote engagement and realign the team.

Ideal for:

Leadership, and teams, seeking rest, deeper connection and realignment.

Structure:

Hosted in a retreat venue or in the city (if sleep-in is not considered).

Available in:

- Half-Day (3–4h)
- Full-Day (6–8h)
- Full Weekend (2–3 days)

Why offer this Mindful Experience to your team?

A retreat is permission to slow down together – to reset the nervous system, remember what matters, and leave with real agreements you'll keep.

 **Request a personalised retreat experience by email:** lara.ferreira@mindfulexp.com

Let's co-create

All activities can be customised to align with your team's goals, timeframe, and environment — from in-company workshops to full-day off-sites and retreats. Each experience is carefully designed to bring mindfulness and joy into professional growth, allowing teams to reconnect, reflect, and thrive together.

Contact Information

To explore how Mindful Experiences can support your next team event or offsite, contact

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