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Wellness Conference Package

Engage Delegates, Ignite Procreativity and Increase Mindfulness
at your next Conference with Beta bar & Gallery.

Our personalised corporate wellbeing and culture packages are designed to engage delegates, ignite productivity, and increase mindfulness both in the workplace and in one's personal life.

Offering a delicious, nutritious and wholesome menu, as curated by Executive Chef, Peter Consitis, our Wellbeing and Culture packages are a beneficial and enjoyable experience for all involved.

Bringing wellbeing to your next conference or team meeting is perhaps one of the best thing you could do to increase your staff's motivation, to expand their creativity, and to reset their energy level in order to increase the performance, atmosphere and culture within the workplace.

KEY TAKEAWAYS:

- **Increase your company's wealth**
- **Increase staff retention & attraction**
- **Expand worker's creativity & critical thinking**
- **Develop leadership in your organisation**
- **Uplift the workplace culture**
- **Nourishing menu that is designed to feed the mind, body and soul.**



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Wellbeing Conference Menu

Upon arrival, please select one smoothie option:

Tea, plunger coffee, orange juice and mineral water

Green Smoothie, broccoli, spinach, cucumber, apple, lemon, spirulina

Detox Smoothie, Carrot, ginger, apple, celery, strawberry

Inflam- tumeric, carrot, ginger, orange

Broccolini, spinach, sweet potato, tamari-sesame dressing

Baby cos, mango, avocado, heirloom radish, walnuts

Coconut lime ceviche, kingfish, chili, coriander

Black kale, purple cabbage, capsicum, corn, black beans, sweet potato, avocado

Cauliflower Salad, ancient grains, beans

Morning Tea:

Tea, plunger coffee, orange juice and mineral water

Greek yoghurt bowl, acai, banana, date, chia, spirulina

Roasted cauliflower, pastourmas, puffed quinoa, labne

Raw vegetable salad, seeds, nuts, honey, tahini dressing

Sparkling water and fresh juice

Lunch, please select 5 salads:

Smashed cucumber salad, mint, peas, green olives, whipped feta

White bean salad, soft boiled eggs, king prawns, bitter greens

Zucchini salad, black lentils, pumpkin, kasseri, Kalamata olives

Afternoon Tea:

Raw chocolate bar, cashew, medjool date, almond

Tea, plunger coffee, orange juice and mineral water

OPTIONAL UPGRADE: Post conference cocktails that are designed around the Ovio Organic tea range served with Fried Chickpeas, Chilli Salt, Lemon, Mint and Broad Bean Falafel, Olive Dressing, Radish, Cucumber



Wellness workshop options, to be incorporated into your conferencing schedule:

Healthy habits to increase your productivity at work (45min to 90min): The science behind how habits are created and maintained over time. The simple stand best habits for the corporate worker.

Meditation applications and creating your own practice workshop (45 to 90min): Cover the positive/negatives aspects of using a meditation application. Walk away with your preferred meditation for your situation as well as a simple plan on how to create your practice without application to decrease dependence on your phone.

Yoga poses for the deskbound worker and simple mobility workshop (45min to 90min): The best movements that can easily be implemented into your daily work routine.

Optional add ons:

Mindful with a cup of tea workshop (30min): Enjoy several tasters of healing teas while learning simple tools to pause and slow down during the intensity of the day. Each participant will walk away with a felts sense of experience of healing, a guide to use daily rituals to lower stress, and lasting energy to crush the day.

Unconventional tips for higher energy workshop (30min): The caloriein/calorieout Model is Wrong, and Why. The world's simplest tool to bring you in the best mindset pre-meal. simple tricks to help you on your journey to your health goals.

Tools and tips for better sleep workshop (30min): Dive deeper into the role of sleep for rejuvenation. Walk Away with the best evening routine. L earn the tools that will help increase the quality of your sleep.

Beta Bar and Gallery Sydney

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