

*above*academy®

Recharge Programme

Europe's #1 Corporate Retreat

Creating a healthy workplace

At Above Academy we educate and coach individuals, teams and companies that want to rise to the next level and live a healthy, stress-resilient business lifestyle. Through raising energy levels, capacity and stress resilience, **Above Academy's goal is to improve productivity while enriching the quality of life of our clients and their employees.**

About Workplace Wellbeing & Stress

Workplace wellbeing is the top ranked business priority for 2021. Behind this trend there is a whole queue of research in which a direct link between retention, employee satisfaction and engagement has been confirmed.*

Alongside this, stress is a main contributor to the ill health of employees and the European Agency for Safety and Workplace Health states that **80% of employees suffer from stress consequences**. Increasing stress resilience, **preventing burnout and promoting healthy workplaces** has never been more important. Aspiring after proactive and long-term solutions, more organisations are trying to implement holistic approaches when supporting employee health and wellbeing.**

* Deloitte Global Human Capital Trends report, 2020.

** CIPD: Health and Well-being at Work , Survey report, March 2020.

**Personal energy
capacity levels define
a person's overall
potential.**

**Without energy, people become
passive, irritable and stressed.
Chronic stress leads to decreased
productivity and even burnout.**

Introducing the **Recharge Programme**

With all this in mind, our team of experts designed a unique customised business retreat where your people will learn how to manage stress through healthy lifestyle habits while simultaneously increasing capacity and productivity.





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Personal energy management education, energising exercises, and specialised techniques designed to de-stress are the driving force behind the programme. Individual and group activities innovatively explore topics such as **stress management, improving physical and mental health, and reaching personal goals.**



In the long-term, the Recharge Programme leads to producing a **healthy individual, efficient teams, and positive-minded business cultures.**

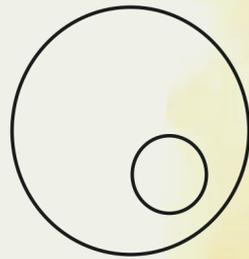


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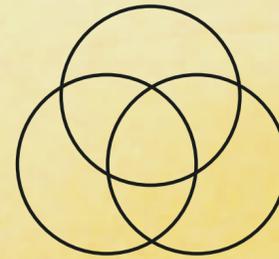


Above Academy's **Recharge Programme**

Who is it perfect for?



Executive management



Top performers and teams



High potential employees

What can it help with?



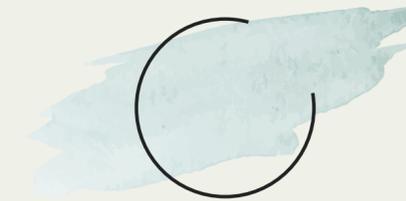
Corporate Culture

Imbedding health and positivity throughout the company



Wellbeing Strategy

Creating a healthy workplace



Change Management

Supporting wellbeing during transitions



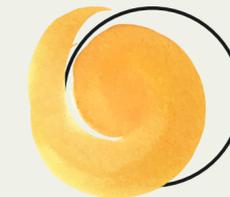
Leadership Training

Educating key people about stress resilience and capacity



Employee Engagement

Boosting performance and injecting fresh energy into core teams



Incentives

Rewarding and inspiring top-performing people, teams and management

Why us?

The difference is in the details

20 years of experience

exclusively in the
wellbeing industry

Original know-how

and methods that
provide results

Inviting off-site environment
provides an **innovative
way of learning**

Individualized attention

Above Academy team to
attendee ratio of nearly 1:1

Attendees are actively

included and engaged

in the process

Long lasting momentum
continues to create **new
results after completion**

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Process timeline

Pick a date, duration and location



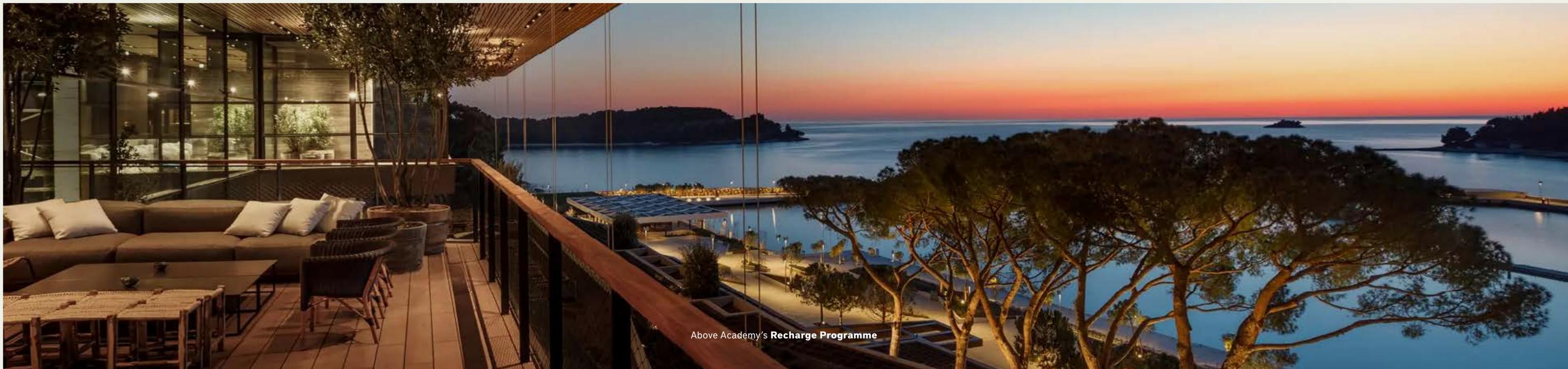
Meeting to **define goals** with CEO/HR



Online **wellbeing assessment** (completed by attendees 7-10 days pre-programme)



Individual **attendee interviews** (7-10 days pre-programme, virtually)



Process timeline

**Experience
the Recharge
Programme**



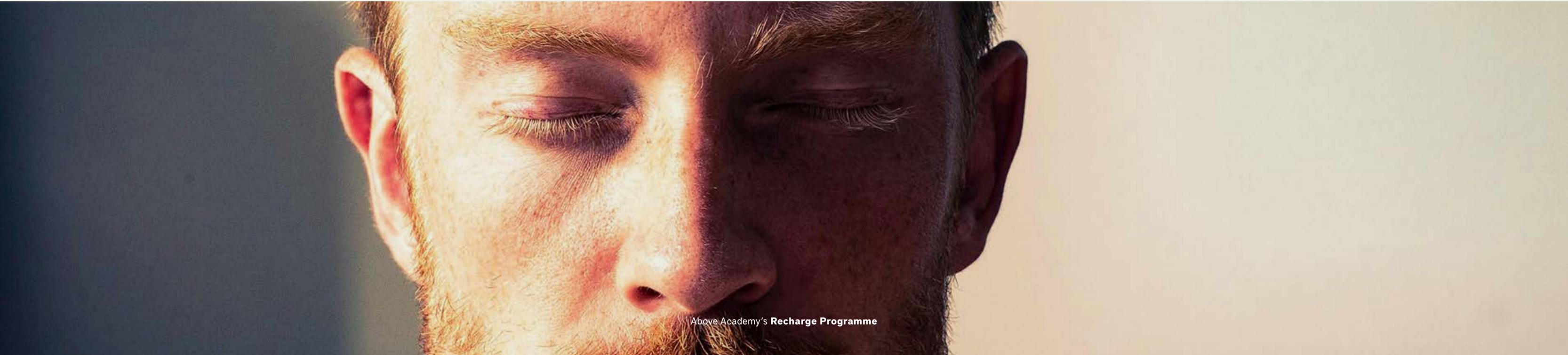
Individual consultation
post-programme reflection
and next steps planning



Online **feedback
assessment** (completed
by attendees 7-10 days
post-programme)



Final presentation with
CEO/HR: analysis and
presentation of results (in
person or virtually)



De-stress, recharge, increase energy & capacity

The Recharge Programme is ideal for groups* smaller than 20 and is held for 3-5 days at a specially selected luxurious 5 star hotel on the beautiful Croatian coast.

**All Recharge Programme activities are suitable for attendees regardless of age, fitness level and gender.*



Wellbeing Assessment

To kick-off the programme, a 1-on-1 assessment will examine each attendee's wellbeing status in relation to their lifestyle habits.

- **Led by: Consultant**
- **Individual activity before the programme**
- **Duration: 45'**



Energy Exercises

Simple energy exercises are essential to achieve stable energy capacity throughout the day and get rid of stressful thoughts or worries.

- **Led by: Trainer**
- **Group activity every morning**
- **Duration: 60'**



Recharge Sessions

Daily recharge sessions put the mind and body into a state of deep relaxation and naturally allow recovery from accumulated stress. Truly a one-of-a-kind experience.

- **Led by: Presenter and personal Energy expert**
- **Group activity every day**
- **Duration: 90'**



Energy Management Workshop

This interactive and engaging 3-hour workshop will help your people learn how to work smarter, not harder by discussing how personal energy affects workplace performance. Topics include stress, capacity, and the human clock.

- **Led by: Consultant**
- **One-off group activity**
 - **Duration: 180'**



Spine Treatment

Because 70% of people spend six or more hours each day sitting down, back pain is a major workplace problem. This treatment will provide instant relief.

- **Led by: Spine expert**
- **One-off (or twice for 4 day programs) individual activity**
 - **Duration: 60'**



Private consultation

We wrap up the programme with a private consultation to reassess wellbeing and put together a 3-month action plan. Building on benefits experienced during Recharge, each attendee will receive personalised recommendations to enhance productivity and enrich their daily lives.

- **Led by: Consultant**
- **One-off individual activity**
 - **Duration: 45'**

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Above Academy's **Recharge Programme**

and breathe

**Headquarters of the Above
Academy, London**

The United Kingdom is home to world-class international and domestic companies that are leading the way in mental health and wellbeing in the workplace. Above Academy is headquartered in London, where the sales and marketing team for Europe is located.

**Headquarters of the Above
Academy, Zagreb**

Above Academy' training centre is located in Zagreb which is a thriving business community, making it a hub for innovation and entrepreneurship. Croatia, having one of the most beautiful coastline, is perfect for conducting our Recharge programme.