

# VIRTUAL EXPERIENCES FOR CORPORATE EVENTS & TEAM BUILDING



T: 01242 243 475 E: [theteam@firstchoice-ce.co.uk](mailto:theteam@firstchoice-ce.co.uk)

First Choice Conference & Events Limited. 2 Station Mews, Old Station Drive, Cheltenham, GL53 0DL

Registered in England No. 3046005. VAT Reg No. 655 7914 96



# Virtual Team Building Events For Everyone

## Virtual Team Experiences

Virtual events that offer all the value, benefits, interaction and dynamics of normal team experiences but in a virtual world. Allow your team to come together, work together and play together in a fun creative environment.

## A New Way to Play

Events this year will inevitably be different to the norm. But don't cancel the fun! Our virtual events are designed to suit everyone with plenty of entertainment all round.

## What our clients say...

"Everyone really enjoyed."



"Would highly recommend!"



"Highly recommend!"



"Great communication throughout."



"Well-organised & professional."



"Nothing was too difficult for them!"



# INTERACTIVE VIRTUAL EXPERIENCE EVENTS



T: 01242 243 475 E: [theteam@firstchoice-ce.co.uk](mailto:theteam@firstchoice-ce.co.uk)

First Choice Conference & Events Limited, 2 Station Mews, Old Station Drive, Cheltenham, GL53 0DL

Registered in England No. 3046005. VAT Reg No. 655 7914 96





MURDER

## Murder Mystery

 5-5000 People

 Fully Virtual

 1-2 Hours

 Top 10 Virtual Event

### What's Included?

- Bespoke online game platform
- Virtual rooms & characters
- Pre-event emailed team packs
- Pre-event management
- Experienced delivery team
- Professional live host

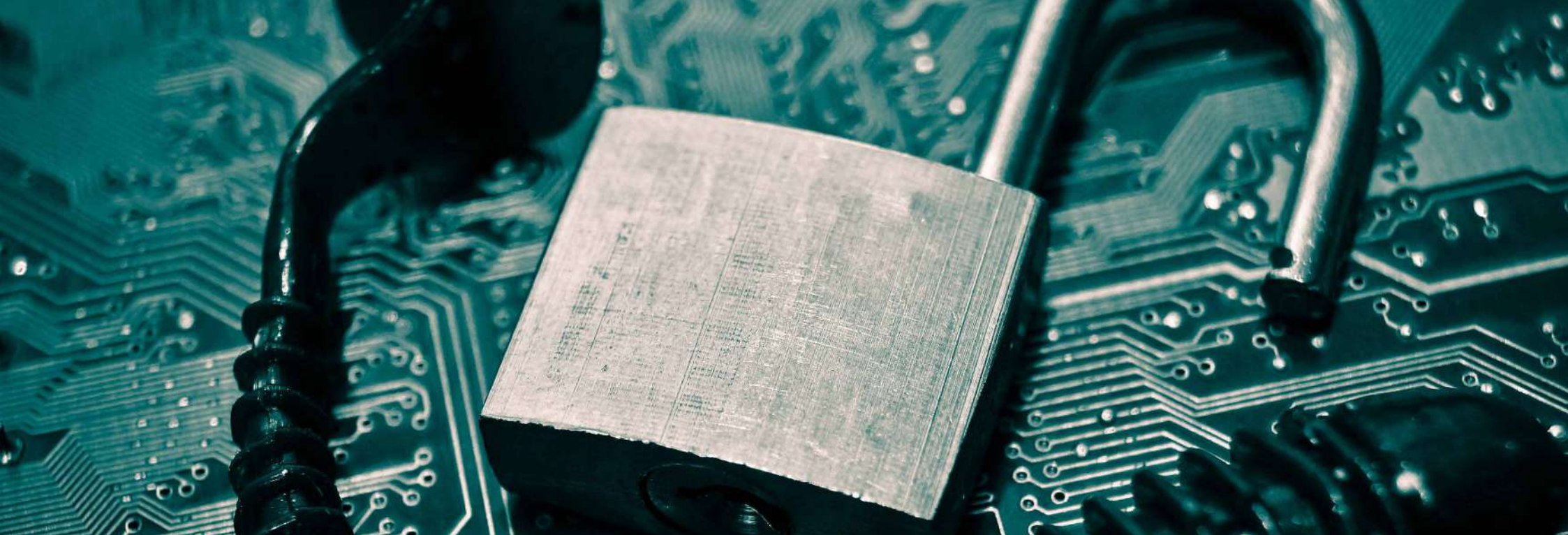
A murder investigation has been launched, after the body of internationally renowned lawyer, Laura Norder was found last night at Cadaver manor. Initial reports suggest that Miss Norder was at the manor for a school reunion, with other party guests thought to include a high profile property tycoon and professional athlete.

There is a real sense of urgency in this case, to start ruling out suspects and catch the killer. You and your team have been brought in to investigate the murder at Cadaver Manor.

In this exciting virtual team experience, participants work together to unlock and examine key evidence such as witness statements and suspect interviews, using augmented reality and image recognition technology.

As you explore the crime scene via an interactive map, you'll complete tasks and challenges which will help you acquire evidence and assist with your investigation.





## Escape Rooms

 5-5000 People

 Fully Virtual

 1.5 Hours

 Top 10 Virtual Event

### What's Included?

- Bespoke online game platform
- Virtual high tech challenges
- Pre-event emailed team packs
- Tasks & games for everyone
- Experienced delivery team
- Professional live host

An amazing remote team building experience where small groups work in unison to decipher all kinds of clues riddles and challenges in order to escape the virtual room. It's a tense head to head experience against the clock, where teams have to share ideas and answers to progress and avoid getting locked in.

Our remote Event Manager will set the scene with a tense virtual briefing, detailing why participants must escape! Teams will then be faced with a locked study that they must virtually break out of before they run out of time. Using their own smart devices, participants will work their way through a myriad of clues by tapping on the objects throughout the room.

They must progress through the three stages of The Virtual Escape challenge as quickly as they can, while correctly completing questions and challenges as they go. Teams who employ a thoughtful strategy and manage their time carefully shall prevail.

The aim of the game is simple; solve the clues to crack the code and break free, all before you run out of time.





# Globe Trotters

 5-5000 People

 Fully Virtual

 1-2 Hours

 Top 10 Virtual Event

## What's Included?

- Bespoke online game platform
- Virtual high tech challenges
- Pre-event emailed team packs
- Tasks & games for everyone
- Experienced delivery team
- Professional live host

Take your team on a virtual globe-trotting trip around the world, visiting 22 countries across 40,000 virtual miles while putting your teamwork, collaboration and creativity to the test! Starting in Argentina, each country contains a series of tasks & challenges to earn participants Travel Credits to make it to their next destination.

With a whole host of challenges including demonstrating Kung-Fu skills in China, to exploring well known landmarks on Google Maps to uncover the answers to questions.

There's something for everyone! Keep an eye on the clock though - Travel Credits are earned not only through completing tasks, but for distance travelled too. The team with the most Travel Credits at the end will be crowned the winners!

Using Travel Credits to fund their adventure, teams must answer a series of location-specific challenges to progress.

As you work your way across the interactive map, collecting boarding passes and navigating your location, you'll utilise your Travel Credits to further advance.





# Horse Racing

 5-5000 People

 Fully Virtual

 1-2 Hours

 Top 10 Virtual Event

## What's Included?

- Bespoke online game platform
- Professional live host
- Runners to suit everyone
- Experienced delivery team
- Multiple competitive races
- Results ceremony

The event starts with a two minute video that sets the stage and explains how to play. The game is very simple and every player has a choice of only three actions. However, deciding how and when to take your actions affects the outcome of the race and means no two games are ever the same.

The game is played over a series of six races. Each race starts with a short overview of the track and conditions, then an action phase for about four minutes when teams strategize together in their breakout rooms

and make their decisions. A shared display on everyone's screen shows constantly changing payouts of the horses as people take their actions. Do you grab a great price early on (but signal your interest in that horse) or do you wait for others to play their hand and dive in at the last minute?

After the action phase the host brings all the teams back into a shared room to watch the race and cheer together. When the race is over, the winning teams are announced. A short period of celebration, taunting and groans is quickly followed by the next race where it's back to your breakout rooms to adjust your team strategy and try again.

# FOOD AND DRINK VIRTUAL EVENTS



**T:** 01242 243 475 **E:** [theteam@firstchoice-ce.co.uk](mailto:theteam@firstchoice-ce.co.uk)

First Choice Conference & Events Limited. 2 Station Mews, Old Station Drive, Cheltenham, GL53 0DL

Registered in England No. 3046005. VAT Reg No. 655 7914 96





# Cheese & Wine Tasting

 5-500 People

 Fully Virtual

 1.5 Hours

 Wine & Cheese Packs Delivered

## What's Included?

- Wine & cheese experts
- Multiple wines to suit everyone
- Experienced delivery team
- Couriered wine & cheese packs

Cheese and Wine tasting has been an increasingly popular virtual event given it's fun and relaxed nature. It's an ideal experience for any team, or for entertaining clients.

Invite your clients to join you and be entertained with a Michelin Star Chef and Wine Expert on a bespoke Cheese and Wine virtual tasting event. A unique platform to engage, build relationships and network with your clients in a memorable high calibre hybrid event.

Join us for an evening of tasting wines from award winning vineyards and sampling the finest British cheeses our country has to offer. Our Cheese Expert will include a blue cheese, a cheddar, a soft cheese and goats cheese. Luckily they are also accompanied by chutneys, dried fruits, dates, apricots, olives, sourdough crackers and of course complimentary quality wines.

The entire experience is very relaxing, educational and interactive. It's the perfect event to get people talking and engaging as you explore the world of wine under expert guidance.



# Chocolate Making

 5-1000 People

 Fully Virtual

 1-2 Hours

 Boxes Delivered

## What's Included?

- Bespoke team rounds
- Experienced delivery team
- Couriered chocolate packs
- Results ceremony

Welcome to the ultimate luxury in fun, virtual team events, as we bring to you a delectable experience into the art of chocolate making!

Led by our expert chocolatiers, in our bespoke cookery studios, we will take you on a culinary journey on how chocolate goes from bean to bar.

Chocolate is a nationwide favourite treat, making this event a huge hit for anyone working from home. It's also a great experience to involve families and children with all the hands on fun, and of course the tasting!

In advance we courier all your team members a lovely pack in the containing chef's hats, aprons and all the equipment and ingredients they need, to create an amazing array of chocolate delights. The kits always go down a treat when they arrive, especially for chocolate making as a virtual party.

At the end of this experience everyone will have learnt some amazing new skills, and designed, created, decorated and flavoured their very own box of amazing chocolate delights.





# Cocktail Making

 5-1000 People

 Fully Virtual

 1-2 Hours

 Professional Mixologists

## What's Included?

- Professional mixologists
- Bespoke team rounds
- Pre-event participant packs
- Couriered team packs
- Experienced delivery team
- Results ceremony

Think you've got the Tom Cruise factor for the master art of mixology?! Easy though you might think it looks, the technique of cocktail making is a very measured and precise skill, making it the perfect virtual event for you and your colleagues to really have some fun with.

The entire event is delivered live by our professional mixologists from our fully themed cocktail bar studio. This an amazing backdrop for a fun experience that makes people feel fully immersed in an upbeat lively team experience.

In advance we courier an amazing pack to everyone's doorstep containing a 70cl alcohol bottle, mixers, syrup, full cocktail kit, fruit, straws, & glassware for 3 different cocktails. There's enough in the packs for the actual event then 12 additional cocktails for future parties!

Virtual cocktail making leaves you and your colleagues with a fantastic party skill to pull out in the future. The entire event is fun and highly enjoyable for any team working from home. It's also a perfect experience for virtual parties.



## Cooking Events

 5-1000 People

 Fully Virtual

 1-2 Hours

 Michelin Star Chef

### What's Included?

- Michelin Star trained chefs
- Pre-event management
- Pre-event participant packs
- Couriered team packs
- Experienced delivery team
- Results ceremony

Virtual cooking events create an amazing environment for having fun and learning amazing new skills, all guided by our Michelin Star trained chefs.

We run 5 purpose built virtual cooking studios, designed for all types of cooking from around the world. Each one is designed to feel like a home environment to mirror the surroundings your team will be taking part in.

Our cooking adventures run in many different forms, with all kinds of different dishes and themes. Menu's can be custom designed to cater for any group and any mix of dietary requirements. Some of our most popular themes include:

**Indian Spice** - samosas, butter chicken curry, & hand rolled chapatis

**Italian Flair** - Gnocchi, sage gremolata, black olive tapenade & pannacota

**Bake-a-Long** - Profiteroles, Irish apple and Guinness soda bread

**Healthy Heart & World** - Vegetable linguini, oven roasted vine tomatoes and fig glaze (vegan)

**Sushi** - Maki sushi, Uramaki, Nigiri, Temaki





# Wine Tasting

 5-500 People

 Fully Virtual

 1-2 Hours

 Wine Packs  
Delivered

## What's Included?

- Professional Wine Experts
- Multiple wines to suit everyone
- Pre-event participant packs
- Couriered wine packs
- Experienced delivery team
- Results ceremony

Wine tasting has been an increasingly popular virtual event given its fun and relaxed nature. It's an ideal experience for any team, or for entertaining clients.

In advance everyone receives a pack in the post with sample wines based on your chosen theme. All the wines are hand picked by professional wine appreciation experts and can be themed to any style such as organic wines, red, whites, rose and dessert wines.

The entire event is hosted virtually via Zoom or other similar platforms. Your guests are greeted by our wine experts and the experience commences with a fascinating introduction into some amazing facts about wines around the world.

We now step into the selection of wines that everyone's received. Each one has a dedicated journey of tasting & exploring the unique aromas and specific flavours blended into each bottle.

The entire experience is very relaxing, educational and interactive. It's the perfect event to get people talking and engaging as you explore the world of wine under expert guidance.

# VIRTUAL GAME SHOWS AND QUIZZES



**T:** 01242 243 475 **E:** [theteam@firstchoice-ce.co.uk](mailto:theteam@firstchoice-ce.co.uk)

First Choice Conference & Events Limited. 2 Station Mews, Old Station Drive, Cheltenham, GL53 0DL

Registered in England No. 3046005. VAT Reg No. 655 7914 96





# Mega Quiz

 5-5000 People

 Fully Virtual

 1-2 Hours

 Top 10 Virtual Event

## What's Included?

- Bespoke game selection
- Professional live host
- Pre-event participant packs
- Rounds to suit everyone
- Experienced delivery team
- Multiple rounds & winners

Virtual events parties have become a must for people working from home. Enabling them to come together and unite as a group creates a huge sense of camaraderie and inclusion. There are many free online games, but nothing like this!

This is more than just a quiz, it's a fully immersive online team challenge packed full of different questions, tasks and mini challenges. Groups work in teams of 3-4 with a rolling scoreboard and updates from our fun virtual host.

All rounds are themed as per the season, with our extra special Christmas mega quiz for companies looking for purely lighthearted fun with something for everyone.

The entire event is hosted by our friendly upbeat compere's dressed in festive attire.

The event is fun, competitive and adaptable to any group.

Rounds include: True or False, Movie Mashup, Audio Mashup music round, Catchphrase and Who Wants to be a Billionaire.



## House Party

 5-30 People

 Fully Virtual

 1-2 Hours

 Top 10 Virtual Event

### What's Included?

- Professional live host
- Mixed rounds to suit everyone
- Pre-event participant packs
- Fun interactive event
- Experienced delivery team
- Results ceremony

Combining a mash up of our most hilarious gameshow style rounds, this is a fully interactive, fun online team experience, ideal for parties & team building events.

Hosted by a professional comedian compere in costume we recreate the buzz and energy anyone would associate with a tongue in cheek TV show. The event is pure fun, relaxed and designed to be entertaining for everyone. Scrap the Zoom for this one, it's a virtual party!

Ideal for mixed groups, this virtual event is guaranteed to bring loads of laughter and fun, all from the comfort of your own home.

In the past, everyone receives a party pack of mystery goodies, with everything they need to take part in each round. Now, in teams everyone takes part in a series of fun games, each one earning them points which stack up on a rolling leaderboard. Games include a mini Guinness World Record challenge, higher or lower, true or false, guesstimate and even a catwalk challenge.

If you're looking to allow people to let their hair down and have some good old fashioned fun, then this is the house party you should be hosting this year!





## Musical Bingo

 5-500 People

 Fully Virtual

 1-2 Hours

 Top 10 Virtual Event

### What's Included?

- Bespoke songs and themes
- Professional live host
- Pre-event participant packs
- Genres to suit everyone
- Experienced delivery team
- Results ceremony

Imagine an activity that's just like bingo but more fun! Instead of numbers being called out, songs are played. Songs can either be live via a band or DJ or pre-recorded.

Each round is based on a different theme of music and song choices. We use songs from all different era's & genre's as well some quirky wild cards.

Hosted by a professional comedic compere, individual or teams are given themed bingo cards. It's now over to the wheels of steel as the tunes pump out as quick fire snippets. Players simply strike off the songs as they go or recognise them.

As per the real things there's prizes for two & three lines as well as the full house.

To spice things up we also add in some bonus rounds for teams to catch up and gain some extra much needed points. The eliminator freezes other teams, whilst react challenges other teams to sing a song of choice live.

Musical Bingo serves well as a fun interactive team building activity, corporate event or party.

# TV INSPIRED VIRTUAL EVENTS



T: 01242 243 475 E: [theteam@firstchoice-ce.co.uk](mailto:theteam@firstchoice-ce.co.uk)

First Choice Conference & Events Limited. 2 Station Mews, Old Station Drive, Cheltenham, GL53 0DL

Registered in England No. 3046005. VAT Reg No. 655 7914 96





# I'm Working From Home, Get Me Outta Here!

 5-30 People

 Fully Virtual

 1-2 Hours

 Crunchy Critters

## What's Included?

- Real crunchy critters!
- Live jungle host compere
- Couriered jungle game packs

Get ready to take on those celebrities as you show them how it's done, all from the comfort of your own home! Hosted by our resident compere, we welcome you to the jungle and the fun ahead. As you've probably guessed the event involves a number of nail biting challenges including crunchy critters!

In advance everyone receives a jungle pack in the post with all the goodies required for each challenge. We'll also email joining instructions and a link to login to the virtual jungle arena.

Welcome to the jungle teams. This is your chance to test your nerves, nominate colleagues, and stitch the boss up!

Our virtual jungle hosts greets everyone live via our online platform. We encourage guests to dress up to keep in the theme of the event. The best outfit instantly wins bonus points! We'll take you through a number of jungle themed trials, all inspired by the famous TV show but adapted for people and teams working from home.



# Master of the Tasks

 5-30 People

 Fully Virtual

 1.5 Hours

 Top 10 Virtual Event

## What's Included?

- Bespoke game selection
- Multiple tasks to suit everyone
- Professional live host
- Experienced delivery team

Inspired by the hilarious TV show, Master of the Tasks challenges teams with a hilarious selection of team games that will literally have your people in stitches of laughter, we kid you not!

Run virtually all games are designed to be completed by using items in your house but you need to think outside the box and be creative to impress the Task Master.

In advance everyone receives a welcome pack with joining instructions for the experience. It's then as simple as one link to enter our virtual arena of fun.

The games come in all shapes and sizes and are only revealed when the famous wax sealed envelope is opened. There's absolutely something for everyone, with the name of the game being good old-fashioned fun.

The event is hosted by a professional comedic compare, who alone will bring the room to life. He also plays the role of the Task Master, who will judge each round and allocate points.





# Gameshow Bonanza

 5-30 People

 Fully Virtual

 1.5 Hours

 TV Inspired Event

## What's Included?

- Professional live host
- Bespoke team rounds
- Virtual game props
- Experienced delivery team

Welcome to Gameshow Bonanza.. The most interactive virtual gameshow experience that exists! Being ideal for mixed group this amazing virtual event combines a series of fun rounds, many of which are inspired by the UK's most famous TV game shows.

In advance everyone receives a welcome pack with one simple link to log into our online arena of entertainment.

We divide groups into mini teams, where they will go head to head in each hilarious round. After each game we reveal the scores on the doors, with the occasional pop up bonus to steal some bonus points.,

Gameshow Bonanza brings people together in a very upbeat light-hearted experience where they can relax, socialise, unite as a team and have some good old fashioned fun!

Rounds may include: True or False, Guestimate, Movie Mash-Up, Who Wants To Be a Billionaire and Grab a Grand



## Deal or Not Real

 5-22 People

 Fully Virtual

 1-2 Hours

 TV Inspired Event

### What's Included?

- Professional live host
- Mixed rounds to suit everyone
- Pre-event participant packs
- Fun interactive event
- Experienced delivery team
- Results ceremony

Another TV inspired experience taken from the famous Deal or No Deal game show. Teams take part in a range of fun tasks and energizers in advance to win funds. Everyone now enters a nail biting series of rounds and virtual games to see which team works together best to crack the challenges and take the win.

Contestants take part in teams, in fun competition, as they take on a number of different rounds to try and win the most points possible. Unlike the TV show we don't eliminate anyone. The game offers continuous play keeping everyone hooked on their own winnings and those of the competition.

The event starts with an upbeat welcome by our professional game show host. They're as cheesy as the real thing, with all kinds of fun puns and entertainment. Once the rules are explained it's straight into the game with a variety of initial rounds for teams to hone their skills.

Team members collaborate throughout the game using everyone's skills to impress us and head up the leader board. It's a game of intuition, fun, engagement, & interactivity with plenty of laughter and excitement.





# Bear Grylls Survival

 5-50 People

 Fully Virtual

 1.5 Hours

 TV Inspired Event

## What's Included?

- Professional live host
- Survival themed tasks & games
- Live survival demos
- Interactive competition

Our Bear Grylls survival experience is an interactive team based activity that engages people working from home in a fully themed Bear Grylls adventure.

The event mirrors the focus of our live events but in a virtual arena hosted by Bear Grylls trained survival experts. But don't worry, we won't be lighting fires on the carpet.

The event is ideal to involve family and children to learn some very cool new skills!

Bear's virtual survival, is a fun and engaging experience where team participants are faced with a mix of creative tasks and challenges putting their survival skills to the test.

This journey is hosted by a Bear Grylls trained instructors who will take you on a themed survival adventure, that's as close as you can get to the great outdoors, online.

If you're looking for something different, an event which teaches new skills, or something to really engage people with the world of Bear Grylls then this is a virtual event to consider.



# Den of Dragons

 5-50 People

 Fully Virtual

 1-2 Hours

 New for 2021

## What's Included?

- Professional live host
- Mixed rounds to suit everyone
- Pre-event participant packs
- Fun interactive event
- Experienced delivery team
- Results ceremony

Do you think you and your team have the entrepreneurial know-how to squeeze the all important backing finance out of our fierce and foreboding dragons?! Based on the highly successful BBC show 'Dragons' Den', this event is a brilliant way to test teamwork in a fun and unique environment.

In advance of your event everyone receives by email a challenge pack which contains everything they need for the experience. The entire event is virtually hosted and presented by our live Evan Davies style host alongside a cast of dragons.

Once logged in via Zoom (or other similar virtual platforms) everyone is welcomed and the rules explained. Your group is then divided into virtual breakout rooms with mini teams of 3-4 people. The challenge now begins!

The event is great fun, different from the norm and an ideal way for teams to come together, collaborate, interact and create something amazing together.





# Apprentices

 5-50 People

 Fully Virtual

 1-2 Hours

 New for 2021

## What's Included?

- Professional live host
- Mixed rounds to suit everyone
- Pre-event participant packs
- Fun interactive event
- Experienced delivery team
- Results ceremony

Do you think you and your colleagues have what it takes to beat the world's most belligerent boss?! Based on the highly successful BBC show 'The Apprentice', this topical event is a brilliant way to test team work in a fun and unique virtual environment.

Our 'Apprentices' event has been specifically designed to test and bring out all the core business attributes in you and your group, including leadership, delegation, commercial awareness & above all, team work!

Hosted virtually by our resident Sir Alex Sweetex and his trusted advisors, teams will be set a number of business challenges. After a typical apprentice style brief, teams of 3-4 people head into virtual breakout rooms where they will have an allocated amount of time to communicate, plan, share ideas, and prepare their business case ready to present back in the virtual boardroom.

# VIRTUAL MINDFULNESS AND WELLBEING EVENTS



**T:** 01242 243 475 **E:** [theteam@firstchoice-ce.co.uk](mailto:theteam@firstchoice-ce.co.uk)

First Choice Conference & Events Limited. 2 Station Mews, Old Station Drive, Cheltenham, GL53 0DL

Registered in England No. 3046005. VAT Reg No. 655 7914 96





# Mindfulness & Meditation

 5-50 People

 Fully Virtual

 1.5 Hours

 Meditation Expert

## What's Included?

- Trained meditation expert
- Mind & relaxation techniques
- Live demonstrations
- Selection of workshops

The world is increasingly moving into an online space. Whilst it might be a great shift for workplace efficiency, there's a risk of it harming workplace wellness. Working from home can not only create distance within a team but can lead to employees feeling disconnected from themselves too. That's why we've put together a list of Mindfulness & Meditation Workshops:

**Yoga:** With the focus on being not just on the body but also the mind, relaxation techniques are incorporated throughout the session.

**Mindfulness & Meditation:** we lead you through several techniques to become present and fully engaged with whatever you're doing in the moment.

**Breathwork:** Breathing to promote feelings of calm to help you in moments of stress, providing increased energy levels when you're feeling tired and lethargic.

**Trouble Sleeping:** Working from home? Night shifts? These are just some of the topics in this session which can be covered to make your business more productive.

**Gong Bath Meditation:** A virtual gong bath meditation guides you through a journey of sound as you cycle through various brainwave states.



# Health & Wellbeing

 5-500 People

 Fully Virtual

 1-2 Hours

 Michelin Star Chef

## What's Included?

- Michelin Star trained chefs
- Pre-event participant packs
- Experienced delivery team
- Results ceremony

Optimum physical and mental health increase the energy levels, productivity of individuals and increase the effectiveness of teams. During these virtual nutrition workshops we will encourage and promote health and well-being through cooking. Inspire your team to adopt a healthy lifestyle with some simple techniques for nutritious eating whilst having a lot of fun together virtually.

**Health and Wellbeing Cookery:** Inspire your team to adopt a healthy lifestyle with some simple techniques for nutritious eating whilst having a lot of fun together whilst incorporating cookery skills to protect our world.

**Healthy Heart Cookery:** Our healthy heart workshop is the perfect way to relieve stress, focus on a positive mindset and learn what nutrition our body needs.

**Sushi Making:** This is a great activity if you want to give your team a unique virtual cooking experience whilst learning new skills. We will deliver Sushi making kits to the guest homes.

**Smoothie Making:** Tuning into different aspects of wellness, it offers the opportunity to both learn and engage in different ways of tuning into both the mind and body.





## Sensory

 5-50 People

 Fully Virtual

 1-2 Hours

 Learn a New Skill

### What's Included?

- Professional live host
- Learn a new skill
- Pre-event packs
- Fun interactive event
- Experienced delivery team
- Results ceremony

Making things by hand is a powerful tool that can shift our mindsets, overcome fear, encourage growth, become present, build community, reduce stress, improve mental health, and inspire self care. Our workshops connect business and art through experiences not just things. When we are immersed in experiential learning, we move beyond passive concepts and lofty ideas to generate true change and long-term impact.

**Masterpiece:** Masterpiece is the original giant painting challenge, where the whole group has to work as one, to create ultimate Masterpiece. Paint images from home, ready to bring together when the office reopens.

**Gong Bath Meditation:** A virtual gong bath meditation guides you through a journey of sound as you cycle through various brainwave states.

**Flower Arranging:** Focusing on learning the art of flower arranging, our workshop focuses on both learning the skill associated with this but also provides a welcome break from the office.

**Perfume Making:** You'll get the chance to put your nose to the test while sampling blends before creating your very own bespoke fragrance which will never be found on the shelves.



# Mind Management

 5-1000 People

 Fully Virtual

 1 - 2 Hours

 Mind Expert

## What's Included?

- Professional live host
- Team working skills
- Live demonstrations
- Selection of workshops

If ever there was a time to invest in your team's motivation, development & mental stimulation it's now. Conventional team building and team-based training tackles many areas, one of them being people working in isolation or silos.

These sessions are designed primarily to develop team working skills via self-awareness, understanding others, the dynamics of what makes a high performing team, and the habits to adopt when being part of a team.

**Insights Discovery:** At the heart this lies the Insights Discovery personal profile and colour model of behaviours.

**Belbin:** Belbin Team Roles is the language of teams, enabling individuals to be able to project and talk about their behavioural strengths in a productive, safe and non-confrontational way.

**Strength Deployment:** SDI explores people's basic need to better understand themselves and those around them.

**Myers-Briggs Type Indicator:** The Myers-Briggs Personality Type Indicator is a self-report inventory designed to identify a person's personality type, strengths, and preference.





## Charity Feel Good

 5-1000 People

 Fully Virtual

 1 - 2 Hours

 Feel Good Feeling

### What's Included?

- Pre-event pack
- Bespoke team rounds
- Professional live host
- Results ceremony

With the opportunity of time and circumstances, we have adapted all our team learning and development workshops to be virtually delivered by our professional facilitators.

These sessions are designed primarily to develop team working skills via self-awareness, understanding others, the dynamics of what makes a high performing team, and the habits to adopt when being part of a team.

**Charity Skateboard Build:** A hands on creative and artistic experience which creates a huge amount of feel-good factor given the overall children's charity background. Guided by online professional artists individuals will each receive a custom build pack full of all the parts and art materials required to create something amazing.

**Hospital Art:** Teams work together to turn canvases into colourful, cheerful works of art. These canvases are then donated through dedicated charities to a hospital, clinic, nursing home, or shelter.

# CONTACT US ON

**01242 243 475 or  
theteam@firstchoice-ce.co.uk**



**T:** 01242 243 475 **E:** [theteam@firstchoice-ce.co.uk](mailto:theteam@firstchoice-ce.co.uk)

First Choice Conference & Events Limited. 2 Station Mews, Old Station Drive, Cheltenham, GL53 0DL

Registered in England No. 3046005. VAT Reg No. 655 7914 96