

Crystalbrook  
Collection



*Meet Mindfully*



# Meet Mindfully

Let's remove the stressors of conventional corporate meetings and create meaningful meetings of significance, purpose and value.

Our goal is to provide you and each of your attendees with spaces, environments and a culture that is eco-progressive, *Mindfully Safe* and heroes the local environment while also being refreshing, empowering and invigorating.

*Meet Mindfully* provides our delegates with a cleaner, slower and more conscious way to travel and gather.

# What to expect

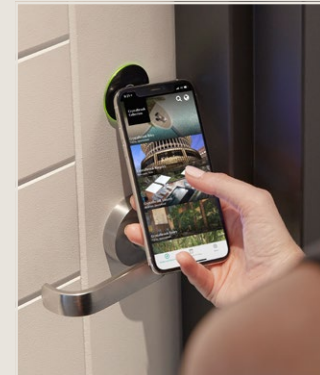
## Responsible Luxury

We love our planet and we're passionate about sustainability, or what we call Responsible Luxury.

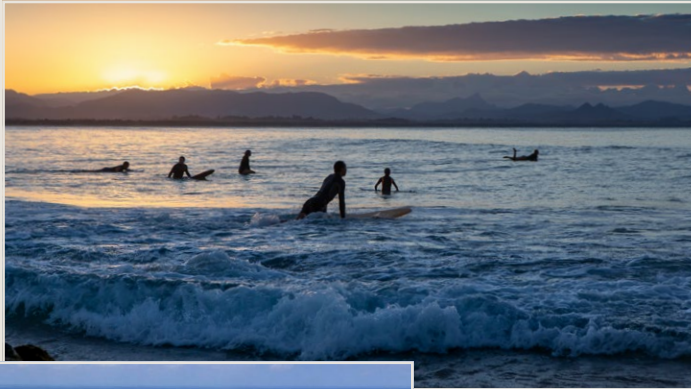
This ethos extends to *Meet Mindfully*, where we are always looking for new ways to be eco-progressive.

Here are just a few of our initiatives:

- Paperless communications. Where possible, we've removed the use of paper from our meetings. This starts at the very first touchpoint with the way we market meetings through to meeting spaces. Where paper is required, we use forest stewardship council (fsc)® certified paper - recycled where possible
- Single-use plastics policy. We don't offer plastic bottles or straws and instead rather filtered water in reusable glass bottles
- 80% of all produce on banquet menus comes from within a three-hour drive of the hotel
- We recycle all possible meeting waste material under the Containers for Change programme







## Unique personality, unique local experiences

Like siblings, each hotel and resort share many similarities, but each is also unique and maintains its own personality.

We applaud individuality - and this truly comes to life in our meetings. When it comes to Meet Mindfully, we curate the very best a destination has to offer in a way that feels special and extraordinary.

### What does this mean?

Fancy a visit to a local gin distillery? Sorted.

Want to learn more about the local Indigenous culture? Not a problem.

Haven't seen a croc yet? We can fix that.

Sound healing? Clay therapy? Nature trekking? Tick, tick, tick.

No two Crystalbrook meeting experiences are the same. We listen to what you want, keep an open mind, stir in the hotel or resort's personality, and add a pinch of proudly local.

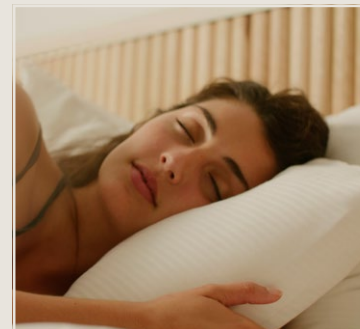
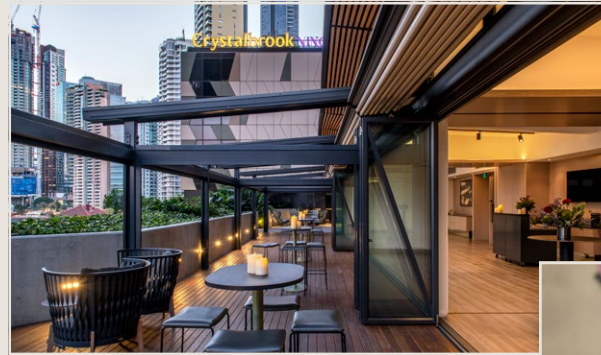
We know our neighbours (and their quirks) and would love to introduce you to them. We unearth the best of every destination, in ways that add value and meaning to event organisers and attendees.

## Mindfully Safe

With hygiene and mental health awareness at an all-time high, Crystalbrook has developed the *Mindfully Safe* programme ensuring all meeting attendees are provided with the highest levels of hygiene along with a toolkit to quench anxiety, open minds and drive productivity.

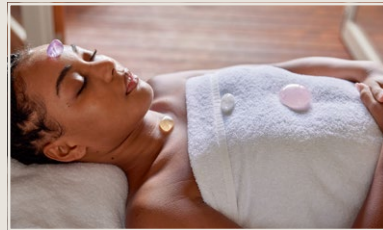
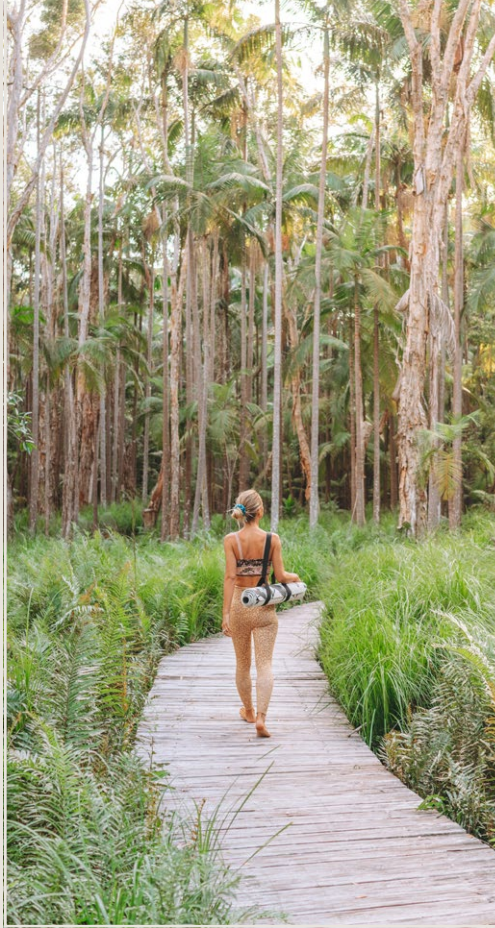
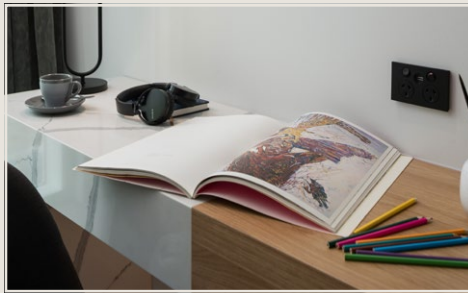
### Wellbeing for the body

- Social distancing between all guests in meeting and banquet setup arrangements
- Sanitisers accessible in all event spaces and zones
- Deep cleaning of all high-touch areas
- Virtual meeting facilitation





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### Wellbeing for the mind

We've partnered up with The Indigo Project to provide all meeting attendees with free-of-charge meditation and mindfulness tools for a clear mind and productive meetings.

The *Mindfully Safe* toolkit includes:

- Playlists:
  - Sunrise meditations: music to start your day right
  - Soothe and calm: music to ease anxiety
- Meditations:
  - Body scanning
  - Gratitude
  - Grounding
  - Manifesting

We also offer all meeting attendees the complimentary 'Five Step Choose Yourself Challenge', which participants can enjoy before, during or after their Crystalbrook *Meet Mindfully* event. The challenge looks at gratitude, habits, values and priorities and adding 'no' to your vocabulary.

These tools are accessible to be used in a group environment or individually.

Delegates will also have access to a Power Down Plan, to consciously connect with each other and disconnect from electronics and screens at the end of the day. Because regardless of how tech-heavy your event is or isn't, we can all agree that time away from our screens and technology is essential.

# Thank you

[crystalbrookcollection.com](http://crystalbrookcollection.com)



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