

BUSINESS RETREATS

Rural Relaxation, Coastal Contemplation

**Elevate
BC**





Welcome

We founded Elevate BC, the executive coaching and business consultancy in 2017 and have launched a market-leading retreat package for organisations.

Elevate BC is a business consultancy which offers executive coaching, mentoring, facilitation, leadership training and development. The team works with individuals and businesses to maximise potential and return on investment.

The team at Elevate BC have years of business experience and are also highly qualified and accredited, with expertise in executive coaching and leadership. We pride ourselves on establishing strong and lasting relationships with our clients, whether they have sought our support for business advice, strategic consultation, executive coaching, executive mentoring, leadership development or board and meeting facilitation

With the rise of remote-working practices (accelerated during the COVID-19 pandemic), full of the promise of benefits for work-life balance, we are in many cases still finding our feet with regards to implementing an appropriate cultural shift that promotes ongoing engagement within physically dispersed teams.

At Elevate BC - one of the UK's most highly regarded and prestigious coaching and consultancy businesses - this resulted in significant increase in enquires for organisations looking to take business physically away from the office to inspire new ways of thinking, to obtain fresh perspective whilst developing motivation and teamwork.

We have responded to this overwhelming demand by developing the most comprehensive business retreat packages available which we will host at the incredible Llansteffan Castle Estate in Carmarthenshire featuring the idyllic 12th century Llansteffan Castle situated right on the mouth of the Towy Estuary and set above a beautiful golden beach.

Amongst the myriad of benefits our packages offer, our retreats are also the perfect antidote to what is a consequence of our new virtual world and is commonly being referred to as Zoom Fatigue.

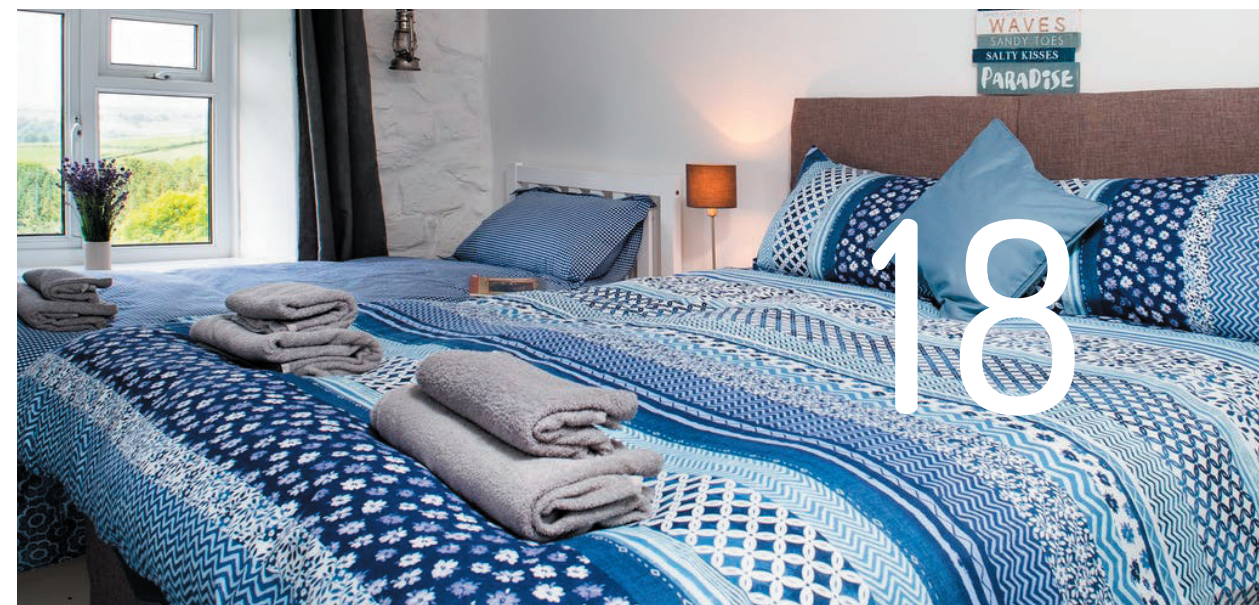
We have dedicated our consultancy to helping individuals and teams unlock their potential. Through coaching, mentoring, facilitation and consultancy, the consultancy boasts some of the UK's top executives amongst its client base and we look forward to welcoming you to our spiritual home in West Wales.

Marian

MARIAN EVANS FINSTLM. FCMI. ACII.
FOUNDER OF ELEVATE BC

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Benefits of a Business Retreat

A business retreat is a time to step away from the operational; to strategize, team build, reflect and focus on the people and how they work together to accomplish goals.

It offers an exciting opportunity where individuals can come to escape and acquire the skills needed to further develop themselves and their team for future success.

Our retreats offer guests more than just space away from highly stressful lifestyles. The overall experience assists in the recovery of mental, emotional and physical well-being with the unique and memorable environment of the Castle's location.

Embracing the great outdoors, our guests revel in reconnecting with nature, coming together in wide-open spaces through collaborative activities or just rediscovering their own sense of self in this beautiful and magical part of Wales.

First Steps With Any Retreat

1. Locking in the dates. ...
2. Determining one or two core goals for the retreat. ...
3. Planning activities around those goals. ...
4. Bake in relaxation and rejuvenation time. ...

The Focus of Our Retreats

OUR RETREATS ARE OFTEN FOCUSED ON ELEMENTS OF THE FOLLOWING WHICH WE CAN TAILOR TO YOUR TEAM:

Individual

SELF AWARENESS AND EMOTIONAL INTELLIGENCE.

We invite participants to undertake MBTI or DiSC sessions ahead of their retreat. These are not compulsory or a prerequisite however most leaders feedback that this element has a lasting impression on them personally. 121 Executive Coaching and profiling sessions are personal and help the individual to understand themselves better and how they interact with others. This will include the following elements :-

1. Introduction to MBTI
2. Questionnaire set up,
3. Analysis,
4. 121 feedback / Exec Coaching Session (with one of UK's top Exec Coaches)
5. Personalised Report

Team

For a 2 day experience we recommend a combination of up to 4 business sessions (depending on intensity). Examples of the most popular are listed below:

1. Session 1. Team Dynamics. MBTI Share, Learn, Plan (Joint Session)
2. Session 2 Team Purpose and Strategic Context.
 - a. The big questions (PESTEL)
 - b. Reviewing or setting of a new Vision Mission & Values
3. Session 3 Translating Strategy into operational objectives. The 'So What' of strategy.
4. Session 4 Identifying the key indicators of high performance and Dysfunction in a Team
 - a. Review of Internal – Processes / Systems
 - b. Review of External – Stakeholders (Mapping and Stakeholder Strategy)
5. Session 6 Leadership – Self Confidence / Executive Presence and Profile & Brand.
6. Session 7 Learning & Development – Working smarter not harder – Efficiencies & Effectiveness
7. Coaching and Managing Others – Empower / Enable / Excel

Business Sessions

Delivered by our handpicked team of expert consultants.

Activities

Using only the very best partners we are delighted to offer a wide range of stimulating activities chosen to be both inspirational as well as memorable. (See the list of from Pages 10 to 13).

Accommodation

A range of options are available for your stay including catered and self catered, see the Accommodation section for further information.

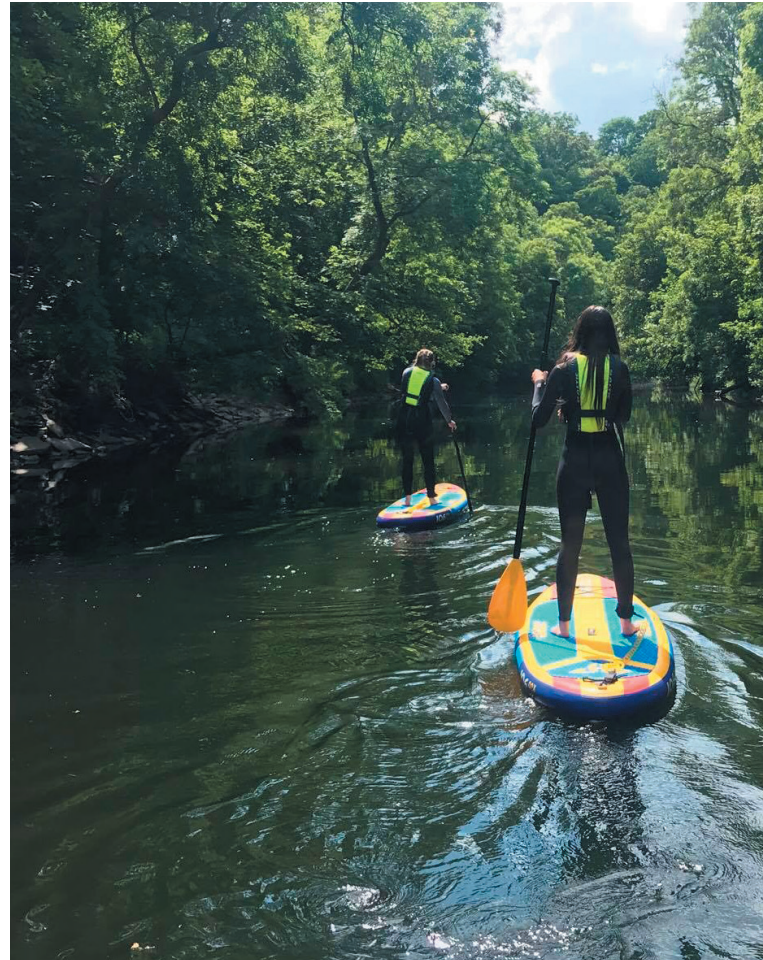


Retreat Activities

AWAY FROM THE OFFICE ENVIRONMENT OUR ACTIVITIES DRIVE RESULTS
OUR CLIENTS WELCOME THE OPPORTUNITY TO ESCAPE TO THE COUNTRY,
WHERE WE OFFER HEADSPACE, HIGH QUALITY COACHING AND A CHANGE OF SCENERY



FORAGE FOR A FEAST
Experience something truly unique, Coastal Foraging with Craig Evans, leading UK Coastal Forager and YouTube sensation.



STAND UP PADDLE BOARDING TOURS
Explore and unwind as you navigate the undiscovered coastline and waters of Carmarthenshire.



COOKERY WORKSHOPS
With award-winning Chef Lisa Fearn



PENDERYN WHISKY TASTING
Experience the subtle nuances of Wales' finest Malt Whisky

Retreat Activities



FIELD ARCHERY AT THE CASTLE

World Champion Archery Coaches coach you as you learn to focus, relax, increase strength and balance.



BUSH CRAFT

Being part of the Woodlore community and sharing our campfire is a perfect way to start your journey or make the first steps into immersing yourself in the world of bushcraft and experiencing the wonders of nature through the eyes of Woodlore.



Walking Coaching

Commanding some of the most spectacular views in the UK, the privately owned Llansteffan Castle Estate is where we are delighted to offer clients exclusive walking executive coaching.

Much more than simply a form of exercise, the act of walking is creative, philosophical and spiritual activity, one which is recognised across history as playing a central role in the work of thinkers, artists and writers.

Our outdoor sessions are curated to be as structured as they would be indoors. Typically we see that once you've escaped from the familiar interruptions of your working environment, your mind is able to function in a far more effective and creative way.



Accommodation

The Mansion House

ELEVATE BC RETREATS



A BEAUTIFUL LUXURIOUS MANSION WITH GEORGIAN ORIGINS BUILT AROUND 1820 THE HOUSE HAS SINCE UNDERGONE A SPECTACULAR REFURBISHMENT, RECREATING THE SPLENDOUR OF THE ORIGINAL ARCHITECTURE WITH A MODERN TWIST.

A family owned venue, the Mansion House the team passionately endeavour to create a family atmosphere and warm welcome in a perfect setting.

The Moryd Restaurant proudly boasts 2 AA Rosettes, presenting food that is fresh and contemporary with a strong local provenance.



Accommodation

The Inn at The Sticks

A SHORT WALK UP FROM THE BEACH AND ESTABLISHED IN 1809 WITH A WARM WELCOME AND A DINING ROOM WITH THE FEEL OF AN OLD WELSH FARMHOUSE KITCHEN, LOCAL PRODUCE AND QUALITY FAYRE.

Rooms at the Inn at the Sticks feature flat-screen televisions, guests can surf the web using complimentary wireless Internet access. Cots / infant beds (surcharge) and Rollaway / extra beds (surcharge) are also available. Housekeeping is provided once per stay.



LANMARTIN

Homely Character Farmhouse With Unrivalled Views



Accommodation

Lanmartin Farmhouse

HOMELY CHARACTER FARMHOUSE WITH UNRIVALLED VIEWS IN LLANYBRI, LLANSTEFFAN. YOU CAN EXPECT STONE WALLS, COSY WOOD BURNERS AND LARGE LOUNGE AREAS. PERFECTLY SITUATED THE LOCATION IS SURROUNDED BY GENTLY ROLLING HILLS WITH VIEWS TO THE SEA. WITH AN ORCHARD, WONDERFUL GROUNDS, AND A GARDEN WITH FRUIT BUSHES IT PROVIDES A WELCOMING HOMELY ESCAPE.

Lanmartin sleeps 10 in 4 bedrooms. 2 King size (each can be twin beds) with additional single bed, 1 king size and 1 double.

Outside there is a large enclosed rear garden with furnished patio, BBQ and level lawn. Washing line, orchard, fruit bushes and herbs. Lockable, secure shed for storage. Bike rack shelving for surfboards etc. Courtyard parking for 5 cars.



"Absolutely loved our stay in Lanmartin. It was very peaceful and with great scenic views as it sits overlooking the Llansteffan estuary. The house is even bigger than the photos depict and the hosts were very helpful and readily available."



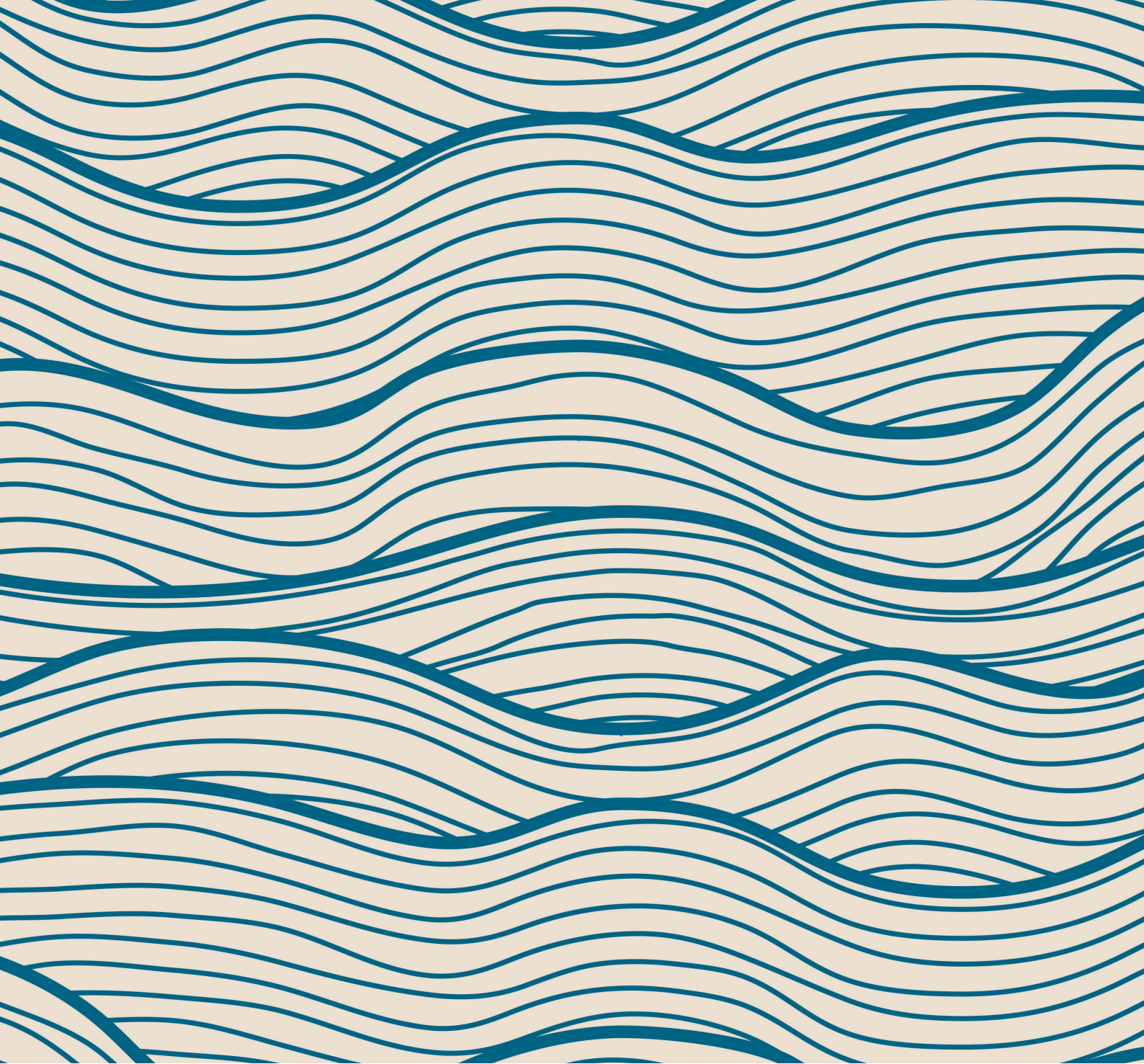
Accommodation

Wild Camping On The Llansteffan Castle Estate

PITCH YOUR TENT AND WAKE UP IN A POCKET OF NATURE THAT'S ALL YOUR OWN
ENJOY ONE OF CARMARTHENSHIRE'S MOST BEAUTIFUL AREAS, WITH GENTLY ROLLING HILLS,
THE SEA, LLANSTEFFAN CASTLE ON YOUR DOORSTEP. IT'S AN AREA STEEPED IN INCREDIBLE
HISTORY AND WHEN YOU WILD CAMP YOU REALLY CAN SOAK IT ALL UP.

Wild camping lets you escape from the crowds, brush up on your bush skills and take every day in your stride as its own mini adventure.





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