



Get a fully managed team event to grow agility, resilience and strength



MODERATION

Get your full team event out of one hand from senior coaches and seasoned facilitators



FUN

Enhance your experience with spectacular motivation and mental strength elements



RESILIENCE

Prevent burnout and reduce stress in high-paced environments

THE COACHES ARE EXTREMELY PASSIONATE ABOUT SUPPORTING ORGANISATIONS TO DEVELOP A BETTER WORK STYLE THROUGH THEIR TRAININGS AND ARE DETERMINED TO MAKE A DIFFERENCE.

CUSTOMER VOICE



What drives us

Our expert team is dedicated to enhancing resilience in individuals, teams, and organizations through physical and mental well-being. With diverse experiences, including karate and overcoming challenges, we aim to offer a unique event that fosters memorable experiences and supports future growth.

+ 15

Years of experience

100%

Satisfied customers

Configure your **Perfect** **Timeline**



Day

1

Arrival

Arrive at the hotel, check in, relax in the spa or take a walk or run around the lake

Day

2

Team Growth

Fully moderated, interactive and fun workshops based on your own goals, inspiring team and personal growth to improve collaboration in the future

Day

3

Resilience Growth

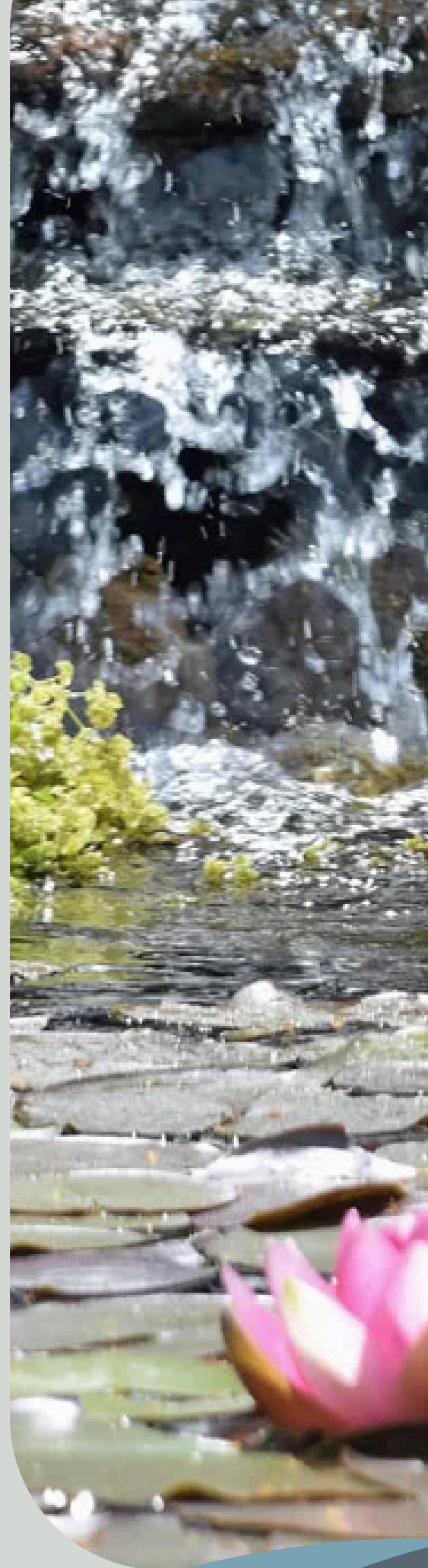
Having fun together enjoying a full day team building activity, workshops and more with professional trainers

Day

4

Departure

Enjoy the breakfast buffet, nature and get back home fully inspired and relaxed





CONFERENCE
& SPA HOTEL



GOOD
CONNECTION



SWEDISH
NATURE



FUN EVENTS



PROFESSIONAL
MODERATION

TEAM EVENT

sweden



1 hour by train from
Copenhagen airport,
no changes or taxi,
directly at train station Höör



Typical Swedish food -
buffet with fresh, high quality
ingredients



Comfortable rooms, beautiful
scenery, amazing Spa area,
modern conference areaa

Höör, Sweden

YOUR FULL EVENT

MENTAL STRENGTH FULL TEAM EVENT

Benefit of the fully prepared, booked, moderated event with tangible results for your team and a lasting impact in mental strength

- Moderation, Guidance, Success
- Fun lasting memories
- Focus areas: Team Agility, Mental Strength, Stress management

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1950,-

ALL-INCLUSIVE PACKAGE

**3 nights, 2 Workshop and
Training Days with all
activities and meals
included, optional off-site,
all configurable**

Book now!



*Adriana
Weich*



*Stephanie
Hollstein*



*Bernhard K.
Pircher*

WWW.AGILEMIND.TECH

*PRICES PER PERSON, MINIMUM GROUP SIZE: 12,
DINNER DRINKS EXCLUDED