



Quinta da Bufala Corporate Experience: *Where work evolves with Conscious Working* Advisory

Overview

Conscious Working's unique methodology, set in the inspiring natural environment of Quinta da Bufala, delivers tailored corporate experiences designed to balance strategic priorities, dynamic wellbeing, and team alignment with organizational goals.

The Quinta offers a purpose-driven corporate retreat experience that blends sustainable living with mindful leadership development. With state-of-the-art amenities and inspiring, open spaces, it provides a safe and supportive environment for leaders and teams to reconnect—with themselves and each other.

Our experienced Conscious Working facilitators lead immersive programs that encourage collaborative exploration and personal growth. Participants develop a deeper understanding of their own strengths, values, and natural work rhythms—and how these influence and enhance a more connected, resilient, and conscious team culture. By aligning with your organization's vision, mission, and values (VMV), our approach bridges individual potential with collective purpose, strengthening self-awareness, team synergy, and overall performance.

Core Principles

We incorporate Gret's signature training to develop the 8 Habits of a Conscious Leader and Laura's expert perspective and experience, using individual strengths and whole-being intelligence to design programmes that shape measurable outcomes, trust in the process, and dynamic high-performing teams.

Together we merge ancient wisdom with modern science to deliver holistic retreats that produce proven results. Our offering rests on four cornerstones:



- Natural Setting: An essential element for holding space, expanding perspectives, and nourishing growth.
- Holistic Wellbeing: Promotes individual and team wellness through mindful physical practices like yoga, breathwork, and meditation.
- Dynamic Team Synergy: True team synergy happens when trust, collaboration, and individual strengths come together in support of a shared purpose—leading to outcomes that no member could achieve alone.
- Positive Engagement: Encourages enrollment, motivation, gratitude, and appreciation to build resilient individuals and high-performing teams that retain their talent.
- Adventure Mindset: Nature-inspired exercises that unlock innovation and joyful teamwork

Program Components

Each retreat is tailored to your team's needs, starting with a Wellbeing Diagnostic Assessment. This foundational tool evaluates individual and collective strengths, challenges, and goals, establishing a clear starting point.

Using these insights, Gret and Laura craft a holistic agenda of exercises, practices, and workshops—such as yoga, breathwork, team-building activities, and solution-focused workshops—to align with your objectives and drive measurable growth.

Key Retreat Elements Include:

- **Holistic Wellbeing Practices**: Individual and group activities like yoga, meditation, and breathwork to enhance personal and team wellness.
- **Team Building & Synergy Development**: Exercises to build trust and open communication, highlight and learn from each other's strengths and skills, and develop a sense of belonging and shared purpose.
- **VMV Re-Alignment**: Guided sessions to reconnect team members with your organization's vision, mission, and values.
- **Strengths Awareness Exercises**: Activities to deepen understanding of each member's unique skills and contributions.
- **Reflection on Team Health**: Exercises exploring how team dynamics impact overall organizational success.



- Enrollment & Motivation Activities: Teachings to foster a shared understanding of expertise, tasks, and communication styles.
- Creativity & Play: Nature-based and playful activities to spark innovation and strengthen collaboration.
- Personal Growth Time: Opportunities for reflection, self-practice, and engagement with Quinta da Bufala's offerings.
- Solution-Oriented Working Session: Focused workshops tackling your team's specific growth challenges (see Menu of Workshops).
- Awards Ceremony: A celebration of individual and team contributions, reinforcing the value of recognition.

Outcomes

The Quinta da Bufala Corporate Experience delivers aligned benefits for individuals, teams, and the organization. Participants gain deeper self-awareness, clarity on their unique contributions, and a stronger connection to the organization's purpose. Teams build emotional intelligence, enhance decision-making, and develop a shared understanding of strengths, preferences, and values. This creates a virtuous cycle of engagement, fostering resilient individuals, high-performing, emotionally intelligent teams, and sustainable organizational success.

Why Quinta da Bufala?

Gret and Laura's methodology, delivered in Quinta da Bufala's serene natural environment with cutting-edge facilities, creates an ideal setting to unlock individual and collective potential. By honoring each team member's uniqueness and fostering a shared sense of purpose, we empower you and your team to thrive.

Each Conscious Working retreat is set in a serene natural environment, and delivers practices for positive engagement, dynamic team synergy, creativity & play. Perfect for groups seeking transformative experiences that promote holistic wellbeing and strengthen collaboration.



Quinta da Bufala

Corporate Experience Packages

We offer three tiers of corporate retreat packages—Essential, Enhanced, and Elite—all designed to elevate team performance, foster emotional intelligence, and align with your organization's vision, mission, and values (VMV).

Essential Package: Build Foundations

Price: Starting from €400 per person per day

The Essential Package offers a structured, cost-effective experience with core elements to enhance team synergy and individual wellbeing.

Who's this for:

Ideal for groups craving unique, proven experiences that strengthen team bonds, inspire creativity, and promote wellbeing.

Inclusions:

- Wellbeing Diagnostic Assessment: Standardized pre-retreat survey to identify team needs.
- Holistic Wellbeing Practices: Daily group yoga/movement, meditation, and breathwork sessions (pre-set selection).
- Team Building & Synergy Development: Standardized group exercises to highlight strengths and establish team alignment.
- Impact Mapping: Facilitated group session to assess and articulate you and your team's impact on the overall organization.
- Creativity & Play: Pre-designed nature-based activities to seed collaboration.
- Awards Ceremony: Recognition event celebrating contributions.
- F&B: Healthy, group meals tailored to dietary needs, served in Quinta da Bufala's natural setting.



Typical Day:

- Morning:
 - Group yoga/movement session
 - Check-in
 - Diagnostic Review
- Mid-Morning:
 - Team-building exercise focusing on strengths and collaboration
- Lunch: Curated group meal fostering team bonding
- Afternoon:
 - Impact Mapping session
 - Guided nature-based creativity activity
 - Guided reflection and closing practice
- Evening:
 - Awards ceremony with team recognition
 - Facilitated Group reflection over dinner

Enhanced Package: Promote Personalized Growth

Price: Starting from €700 per person per day

The Enhanced Package builds on the Essential tier with tailored activities based on the diagnostic assessment, offering deeper engagement.

Who's this for:

Perfect for groups desiring personalized, proven experiences that not only strengthen team bonds and promote wellbeing but also drive enhanced performance through tailored, high-impact activities.

Inclusions:

- All Essential Package elements.
- Pre-Retreat Orientation & Intention Setting Session



- Holistic Wellbeing Practices: Expanded menu of practices that include movement, yoga, meditation, breathwork sessions and visualisation, all customized to team needs.
- Strengths Awareness Exercises: Targeted activities to deepen understanding of individual contributions.
- Enrollment & Motivation Activities: Tailored teachings to foster a shared understanding, which is the basic building block to increasing motivation.
- Solution-Oriented Working Session: One customized workshop addressing a specific team challenge (selected from Menu of Workshops).
- Personal Growth Time: Extended, guided time for reflection, self-practice, and access to all Quinta da Bufala offerings.
- F&B: Curated dining experiences with premium, locally sourced ingredients, tailored to team preferences.

Typical Day:

- Morning:
 - Personalized yoga or breathwork session based on team preferences
 - Review of tailored Wellbeing Diagnostic Assessment results
- Mid-Morning:
 - Strengths awareness exercise to highlight individual roles
- Lunch: Gourmet group meal with time for informal bonding.
- Afternoon:
 - Customized VMV re-alignment session
 - Solution-oriented workshop addressing a specific team challenge
- Late Afternoon:
 - Nature-based creativity and play activity tailored to team dynamics
 - Guided personal reflection time
- Evening:
 - Awards ceremony with personalized recognition
 - Seasonal drinks and nibbles to close the day



Elite Package: Fully Bespoke Excellence

Price: Starting from €1200 per person per day

The Elite Package is a fully customized, high-touch experience designed to address your team's unique challenges and aspirations. It maximizes growth, emotional intelligence, and high-performing team dynamics.

Who's this for:

Ideal for visionary teams seeking a fully bespoke, high-impact experience that boosts performance, deepens connections, and ignites creativity and growth. Delivers actionable strategies and measurable results that last beyond the retreat.

Inclusions:

- All Enhanced Package elements.
- Bespoke Agenda: Gret and Laura will Interpret your Wellbeing Diagnostic Assessment and advise the full program of events during a pre-retreat orientation call with the leadership team.
- Solution-Oriented Working Session: Multiple bespoke workshops addressing complex team challenges.
- Team Building & Synergy Development: Custom-designed exercises to optimize team cohesion and performance.
- Strengths Awareness Exercises: Personalized activities to map individual contributions to team and organizational purpose.
- Reflection on Team Alignment: Bespoke exercises exploring team dynamics and their impact on organizational success.
- Enrollment & Motivation Activities: Custom teachings to build a shared team vision and purpose.
- Embodied Cognition Play: Techniques that blend physical movement, sensory experience with your surroundings, and mental engagement to support learning, problem-solving, and self-awareness.
- Post Retreat Integration: 2 x Group calls to ensure easeful transitions and growth strategies, practices and tools.
- F&B: Premium, bespoke dining experiences with chef-curated menus, tailored to individual and team preferences.



Typical Day:

- Morning:
 - Bespoke wellbeing practice (e.g., personalized yoga, breathwork or meditation) based on individual and group needs
 - Opening Circle & Check-In
 - In-depth review and synthesis of one-on-one Wellbeing Diagnostic Assessment results
- Mid-Morning:
 - Custom team-building exercise focusing on synergy and individual strengths
- Lunch: Tailored dining experience with facilitated team discussions to deepen connections
- Afternoon:
 - Deep-dive VMV re-alignment with leadership input
 - Bespoke solution-oriented workshop tackling a key team challenge
- Late Afternoon:
 - Unique creativity and play activity designed for your team's goals
 - Guided reflection on the health and dynamics of the team and the individual
 - Extended personal growth time with guided self-practice
- Evening:
 - Fully customized awards ceremony with personalized recognitions
 - Chef-curated dinner