

## TEAM BUILDING ACTIVITIES AND HOLISTIC HEALTH

Waitakere Resort & Spa, nestled within the Waitakere Ranges Rainforest can provide both the corporate conference and incentive customer with an unlimited range of fun and challenging team activities; along with various onsite holistic health opportunities', all guided by professional external suppliers.

We can support you with advice and assistance at your planning phase and provide applicable pricing via suppliers for your preferred activities. Please note **that the below options are only a snapshot** of what suppliers do offer within their portfolio. **Click on the included hyperlinks** for further information.

### Swimming Pool

20 metre outdoor long pool, ideal for swimming a few laps or just relaxing around in the summer months (unheated).

### Dry Sauna

Reduce stress levels and improve your cardiovascular health with our complementary on-site Sauna.

### Gym

Work up a sweat to help reduce your physical and mental stress with our complementary on-site Gym.



### Bush Walking

On-site walking tracks within our grounds, surrounded by Waitakere Rainforest and native birdsong

### Jogging

There is a range of on-site jogging tracks – ranging from gentle hills to steep inclines.



### Yoga

Relax with a certified instructor who will guide you through a one hour session either in our tranquil gardens or in the gym.

**Pricing:** On request

### Massage and/or Reflexology

Treat your body and improve your circulation with some of the best the therapists in the business

**Pricing:** On request



### WAIKUA DAY SPA treatments

Choose from a wide range of treatments at our on-site spa treatment facility.

*Please enquire for more information*



## DAY TEAM BUILDING ACTIVITIES

**AWOL ADVENTURES** offers a wide range of outdoor activities catering for most ages and physical abilities. All activities are based around fun and shared team experiences and amongst beautiful scenery

- Canyoning
- Abseiling
- Adventure races.

**Pricing:** on request



### LET ME OUT

Team building challenges & Activities designed to create a sense of connection, teamwork, creativity, strategic thinking and freshness for groups at all levels of the organisation and all types of people.

#### **OUTDOOR**

- + Pocket Shot
- + Fling it darling
- + Human animation drone challenge
- + Nostalgia games & many more

#### **INDOOR**

- + Cocktail Challenge
- + Blind taste test
- + Human hungry hippos

### CLUEDUP

Specialise in team building, staff training, murder mysteries and special occasions

- **The Ultimate Tribe**  
teams go head to head in a series of tribal challenges.
- **Catapult**  
trade, barter, negotiate and strategies to earn parts, tools and ammunition to build your own weapon.
- **Around the world**  
Collect your passport, travel around the world from continent to continent, country to country, to try your luck at the various challenge stations
- **Many more**  
Just give us the theme for the event and we can ask the pro's for a proposal

**ROCKUP** Engage your team and build communication, trust and leadership skills in a fun rewarding way

- Archery
- Pistol shooting
- Rock walls
- Amazing Races
- Fun inflatables
- Rubic cube puzzles

*Please enquire for pricing & more information*



## EVENING TEAM BUILDING & ACTIVITIES

### CLUEDUP

Specialise in team building, staff training, murder mysteries and special occasions They can help you plan and deliver a unique, innovative and memorable occasion for all to enjoy

- **Murder Mystery Event - Various themes**  
You and your team are put in the role of detective to solve the murder mystery
- **Kings Banquet**  
A never-to-be-forgotten medieval banquet with an endless array of hilarious interplay between your host characters. An opportunity to incorporate your own company awards in a unique and auspicious occasion
- **Horses for courses**  
A classic night at the races. Participants place bets on pre-recorded horse races. Each horse is named after your staff and guests. Perfect for pre-dinner entertainment, social club event and cocktail function
- **A night at BIG Tony's**  
Authentic 1920s casino night. Your humorous host characters combine to create the perfect casino night
- **Many more**  
Just give us the theme for the event and we can ask the pro's for a proposal

*Please enquire for pricing & more information*

### LAS VEGAS FUNCTIONS

Great for fun filled exciting casino style events. Dress up and enter a whole different world while you bet big on the tables. These nights come with croupiers who will ensure you get a taste of a real authentic casino night



*Please enquire for pricing & more information*



**WAITAKERE**  
RESORT & SPA

## **WELLBEING AT WORK**

### **SOUL WELLBEING AT WORK**

An amazing team of wellness experts ready to help with any wellness challenge. Workshops run from 45min to 3hours depending on what you are looking for.

#### CREATE & MOTIVATE

Designed to help motivate and align your staff with their heart goals

#### BALANCE

Find the balance between work + life and where are we in the mix.

#### MINDFUL MANDALA

Working with NZ artists, we colour + create our own Mandalas from our life and experience, something to inspire our life and goals.

#### FIND YOUR VOICE - ART OF COMMUNICATION

At work or at home, find ways to express yourself, letting go of drama and finding a mindful approach to communicating with honesty and respect that fosters a sense of openness and responsibility

*Please enquire for more information and pricing*