

# Meditainment

## energisers

Meditainment is the most effective way to ensure you get 100% of your delegates in 'the zone' and receptive to your conference messages.

Each delegate arrives at your conference with their head filled with all the clutter of their busy life. Before you can get your audience to focus and be receptive to your conference messages, you need to get them to relax and declutter their minds.

The ability to clear the mind to focus on the task ahead is something successful people have known for generations. They have the ability to go to a special place we call 'the zone'.

We can take your audience there with Meditainment – a 25-minute interactive audio-visual relaxation experience that uses multi-sensory meditation techniques.

Meditainment begins with the seated participants being guided through the meditation experience by a relaxing voice and stunning on-screen imagery. They then 'vote' on the path the experience will take using multi-coloured glowing wands. Then closing their eyes they are guided by voice, music and sound effects on an imaginary journey. With over 70 different combinations to choose from, it is uniquely suited to the tastes and preferences of your audience.

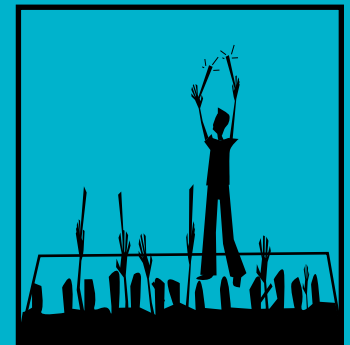
After about 10 minutes the participants are deeply relaxed and in 'the zone' where they can contemplate, reflect and prepare for what is ahead. At the end of 25 minutes the participants are slowly and calmly brought back to reality and ready for anything!

Meditainment is the perfect starting-point to a conference as well as an excellent way of preparing delegates for workshops, creative problem-solving or team-based collaboration. It is also a great ice-breaker when bringing a group together for the first time.



### key business benefits

- relaxation
- visualising the future
- stress management
- inspiration
- work / life balance
- creates a positive attitude
- reflection
- unifies the group
- shared experience
- focuses the mind
- fun!



numbers

20 -  
unlimited

time

25 mins

location

indoors

approach

collaborative