

Providing Team Development to Help Business Grow

We believe we can provide advanced solutions that help businesses and individuals succeed in today's ever-changing world. Our solutions are designed to make life easier, more efficient, and more productive.



What We Do

Elevate your team's performance with Ascent Business Retreat's expert team development programs. Our tailored experiences, led by specialists, enhance team dynamics, boost productivity, and foster innovation. Transform your team's potential into exceptional performance with us

Why Choose Us



Expert Team Development

Ascent Business Retreat provides specialists in physical wellness, high-pressure environments, and team psychology to enhance team dynamics, communication, and performance.



Tailored Programs

Ascent offers customised team development experiences focusing on change management, leadership, and team cohesion to address specific business needs effectively.



Transformative Experience

Ascent Business Retreat offers a unique team-building experience with challenges, workshops, and expert guidance for businesses to learn and apply new strategies in a supportive environment.

Example Day

Yoga & Breathwork Workshop

Begin your day with revitalizing yoga focusing on mindfulness, flexibility, and relaxation. Join Nick for a breathwork workshop to enhance mental clarity, reduce stress, and boost energy levels for better performance.

Team Development Workshop

Engage in a dynamic team workshop led by Dominic and Chris. Focus on team dynamics, communication skills, and problem-solving to enhance collaboration.

Lunch Included

Enjoy a nutritious lunch and connect with team members and take a break to refresh and recharge.

Team Challenges

Dive into team-building challenges that require teamwork, creativity, and strategic thinking. Strengthen team bonds and apply skills learned earlier in the day.

Team Motivation Session

Nick will lead an inspiring session through a motivational seminar. Leaving the team feeling uplifted, empowered, and ready to tackle challenges with enthusiasm.



Planning Guide

Customise your day

ASCENT

<p>Wellness</p> <ul style="list-style-type: none">· Mindfulness,· Relaxation,· Prepare for the day,· Refocus	<p>Yoga – Ease in to the day with an energising flow. Forget the outside world and recentre through a guided yoga flow ready for the day ahead.</p>	<p>Guided meditation – Step away from every day concerns with a guided meditation practice. Practicing mindfully to prepare you for a day of growth.</p>
<p>Team Challenge</p> <ul style="list-style-type: none">· Communication,· Resilience,· Adaptability,· Teamwork,· Self-awareness· Goal Setting	<p>This is where we differ from other retreats.... the opportunity for you to put in to practice the skills you have just acquired. A challenging physical test which forces you to see the weaknesses and strengths in yourself and others, and to find a way to combine your skills to overcome the challenge. Learn together, communicate, and equally importantly laugh together.</p>	
<p>Development Seminar</p> <ul style="list-style-type: none">· Stress management,· Communication,· Organisation,· Mental clarity· Motivational	<p>Breathe Workshop - Enhance your understanding of the efficacy of precise controlled breathing in regulating your reactions to stressful circumstances. This skill is transferable across various facets of life, encompassing both professional and personal domains.</p>	<p>Goal Setting / Motivational – We all get told to trust the process, work hard, keep pushing etc but effort without structure can sometimes lead to frustration. Learn the true process of goal setting and how you can use it to move you closer to your targets and dreams.</p>
<p>Lunch and Discussion</p> <ul style="list-style-type: none">· Communication· Self-reflection· Relaxation	<p>The midday meal is more than just nourishment; it's an opportunity to connect on a deeper level. Our provisions cater to all cravings and thirsts, offering comfort throughout the day. If you opt for culinary delights, our menu is set to delight you. Let's leisurely stroll through the stories of the day, reflecting on its lessons, exchanging thoughts, emotions, and dreams, as our bond flourishes through shared stories.</p>	
<p>Tailored Functional Fitness</p> <ul style="list-style-type: none">· Resilience· Self confidence· Self-control· Adaptability· Stress management· Mental focus· Mindfulness	<p>A customised gym session is tailored to accommodate your unique requirements while ensuring you derive maximum benefits.</p> <p>Individuals with injuries or specific needs need not worry.</p>	
<p>End of Day Reflection</p> <ul style="list-style-type: none">· Communication· Relaxation· Self-reflection· Resilience· Mindfulness	<p>Coldwater Challenge: Ready for another challenge? Dive into our cold water immersion challenge to put into practice the lessons you've learned throughout the day and discover new levels of resilience.</p>	<p>A Woodland Stroll with Hot Beverages – Though a bit of a challenge, it's also an opportunity to chat, laugh, share stories, and reflect on the day. Gather insights and reflections to carry back into your daily life.</p>

To build your day, contact your dedicated Ascent team manager for your booking.

Contact Us



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