

EST. 964 Team building

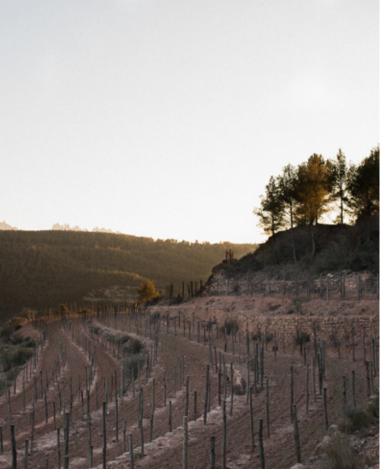




EST. 964

Fun & Wine
Fun & Sports
Fun & Health by The Well Co
Fun & Feel by elmeetingpoint









### Land Lovers tour

### Duration of 1 hour

The experience at the Oller family estate is a fascinating journey through its millenary history. We begin with a walk through the majestic castle that dominates our wine estate. At the foot of the vineyard, we observe the life cycle of the vineyard and how each grape variety is bravely adapted to the unique terrain of the estate. Then, in the winery, we discover the art of winemaking by observing the stillness of the barrels. Finally, we will conclude with a tasting accompanied by a small aperitif, where we will appreciate the uniqueness of our wines.

### Wine Lovers tour

### Duration between 1:30 or 2 hours

The visit to the winery is an immersive journey through time and the family's roots in the winemaking tradition. In the winemaking cellar, the passion involved in the art of winemaking is unveiled, capturing the essence of the family's winemaking history with ancient and modern techniques, harmoniously combined. The visit concludes with a tasting with a small aperitif highlighting the uniqueness of our wines, also offering the opportunity to taste two of Oller del Mas' most exclusive wines, known as the "Tasting of The Chosen Ones".

### Vermouth Time

### Duration of 30 minutes

The Vermouth Hour is an experience that combines the pleasure of tasting excellent products and enjoying spectacular views of Montserrat, while enjoying a special moment with a delicious vermouth and one of our wines, accompanied by a carefully selected appetizer to highlight the tasting.

The flavors of the vermouth, along with the notes of the selected wine, come together with the gastronomic accompaniments of Oller olives to create a unique sensory experience.







### Wine Creation

Duration between 2 and 3 hours No. Pax: Minimum of 10 people

Wine creation is an activity that develops teamwork and puts into relief all those elements that are essential for the elaboration of a wine. It requires the joint effort and cooperation of a group that shares a common purpose.

An extraordinary activity that goes far beyond a wine tasting, as it consists of preparing the sense of smell and taste to put yourself in the shoes of a winemaker for a few hours and live the experience of creating a wine. The organization will provide all the technical elements, materials and advice to help the teams during the process.

First, it will be necessary to train the nose and palate to know how to recognize the desired nuances. From this point on, they will work with single-varietal wines in order to blend them together and work on a unique combination created exclusively for the team.

### Single varietal tasting

Using wines from 3 grape varieties, participants will learn to recognize the main aromas and flavors offered by each of them.

Creation of the "Blend" Each group will have to create the "cupatge" (the blend of different grape varieties) to reach the proposed objective. For each test they will have to take note of the proportions used so that when they find the ideal combination, they can reproduce it in the bottles.

### Designing the label and filling the bottles

Each team must organize itself to create a name for its wine, as well as design a label that reflects the concept of its proposal, while another part of the group must reproduce the "cupatge", filling as many bottles as members of the team.

### Blinding tasting

Each group will taste the wine proposals that the others have elaborated, but without knowing to whom it belongs. We can create a scoring system to evaluate each combination so that a winning team can emerge.





## FUN & SPORTS

### Master Class P&P

Duration of 1h and 30m No. Pax: Between 5 and 10 people

Enter the world of golf, a fun, healthy and dynamic way to get started in this world in a different format.

### P&P pro experience

Duration of 3 hours No. Pax: Between 12 and 72 people

Have you already mastered the set of clubs? Then it's time for the competition to begin! Tournament tested by a unique 18-hole course on the official P&P course of Oller del Mas with prizes for the winners of the tournament and a random hole approach prize. At the end of the tournament, toast with a glass of wine on the terrace of the Wine Bar.

### P&P Team Building

Duration of 2 hours No. Pax: Between 15 and 50 people

Organize yourself as a team and draw all the different tests within the P&P course! This activity consists of a small initial class to briefly explain the tests and give basic instructions for participation. Then, through a game to break the ice, two teams will be formed and following the dynamics of the game the activity will begin. The winning team will win the prize, and all participants will toast with a glass of wine at the end of the activity on the terrace of the Wine Bar.



### Master Class of paddle tennis

Duration of 1 hour No. pax: Between 2 and 8 people

Improve your paddle skills enjoying a master class for all levels by our qualified coach.

### Paddle tennis Team Building

Duration of 3 hours No. Pax: Between 6 and 8 people

Compete in Quick format with your colleagues to win the Innat cup, a fun way to play with and against everyone! The winner will take the prize and at the end there will be a glass of wine for all participants.

### Sports Matinee

Duration of 2 hours

No. Pax: Between 10 and 25 people

Choose between different sports activities and we will organize a sports morning with all your team: yoga, pilates, zumba, hiit... At the end you will recover with a healthy snack.





### Vinyasa or Hatha Yoga master class

*Duration of* 1 hour

No. Pax: Minimum groups of 5 people

Dynamic Viñasa Yoga or Hatha Yoga sessions in which breathing is coordinated with movement to reach a state of deep relaxation. Suitable for all levels.

### Nutrition workshops

Duration of 1 hour

No. Pax: Minimum 10 people

Meals in the office and the increasingly widespread interest in healthy living. A graphic support is given to all attendees and also a Q&A space at the end of the session to solve doubts.

Other topics to guide the workshops:

Healthy eating guidelines

Sports nutrition

Healthy lunch

Probiotics and prebiotics

Diets and current trends (veganism, keto, macrobiotics...)

### Meditation session and breathing techniques

Duration between 30 and 40 minutes No. Pax: Minimum 10 people

Meditation session to help reduce stress and anxiety and will also teach simple but very effective breathing techniques (breathwork) to improve performance, concentration and stress management that can be applied anywhere and anytime. Throughout the session, tools will be provided to make them feel more empowered and able to control their emotions.

### Healthy lifestyle habits workshop

*Duration* 1 hour *No. Pax:* Minimum 5 people

Dynamic workshops that focus on improving our daily living habits and teach us small tips to improve our energy levels, our effectiveness and our health.

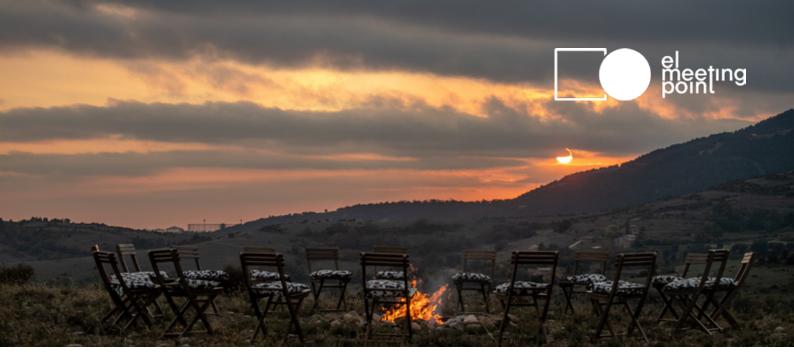
There are different themes to choose from:

Sleep hygiene
Healthy habits to start the day (morning routine)
Sustainable living workshop (habits to be more sustainable in our day-to-day life)
The lymphatic system (body detay)

The millenary science of Ayurveda







# FUN& EEEL by elmeetingpoint

### Cabin

Duration between 3 and 5 hours No. Pax: From 10 to 80 people

Behind the objective of building a cabin together, the whole team will design the strategy to get all the possible resources in the forest in a limited time. They will do it by investing their goods (or not) in different points marked on the map. Once the hut is built, a conversation beyond feedback and traditional coaching will allow them to analyze themselves as a team through the cabin.

### Canva

*Duration between* 1 and 3 hours *No. Pax:* From 10 to 300 people

A route through the senses that allow us to find our essence, that which identifies and represents us. A giant canvas will be our frame to put together the essence of each of the team members. A unique work, where everyone will find themselves representing and being an ideal anchor for the offices. But it is even more impressive when at the end of the day each person finds a small part of the canvas framed to take it home.

### Compass

Duration between 2 and 4 hours No. Pax: from 15 to 150 people

Participants will go into the forest with the only help of a map. Their objective will be to find all the points marked on the map where they will have to overcome a challenge that will test their ingenuity, teamwork, daring and personal skills. Knowing how to orient themselves, working against the clock and establishing a good strategy will be the key to success.



### Formula

Duration between 2 and 4 hours No. Pax: from 10 to 50 people

We will divide the group into different teams distributed throughout the forest. Each team will have a backpack and the necessary clue to open it. From here, they will have to unlock information and resources to advance in the game. From parts of a map to a transmitter to communicate with the other teams. All teams will have a common goal: to reach the end point before time runs out and at the same time, to achieve specific objectives to get more points. Strategy, ingenuity, coordination and the sum of all their skills will allow them to achieve their goal.

### Habitat

Duration between 2 and 4 hours No. Pax: from 8 to 40 people

We will work through games and metaphors in a session of individual and collective development based on the synergy between partners to find solutions, explanations and strategies for change with an agile and fun methodology. A room full of natural elements to which we will learn to give meaning to create a HABITAT, an ecosystem where all their contributions and points of view are related and coexist.

### Savages

Duration between 4 and 8 hours No. Pax: from 10 to 80 people

An experience in which we will divide the whole group into different tribes with their own identities. Each one will have a marked area of the territory, specific resources and objectives to achieve that will force them to interact with each other, orientate, supply, explore and defend their territory. But, above all, they will interact with each other to create alliances and exchanges that will help them achieve their goals.





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