



# Employee Wellness Retreat: Mussoorie Summer 2025

Presented by: [Team Leader Name]

Date: June 2025



by sandesh r



# Why We Need This

56%

## Fewer Sick Days

For employees in well-being programs

[en.wikipedia.org/wellable.co](https://en.wikipedia.org/wellable.co)

59%

## Experience Workplace Stress

Most of the time

[vantagefit.io+2wellable.co+2www2.deloitte.com+2](https://vantagefit.io+2wellable.co+2www2.deloitte.com+2)

52%

## Report Financial Stress

Hurting productivity

[teamout.com+3wellable.co+3teamout.com+3](https://teamout.com+3wellable.co+3teamout.com+3)

**Humble ask:** To support our people holistically in these demanding times.

# Benefits of Off-Sites



25% increase in team collaboration after retreats

[pmc.ncbi.nlm.nih.gov+13brettbaughman.com+13travelperk.com+13](#)



67% view burnout as increased post-remote work era

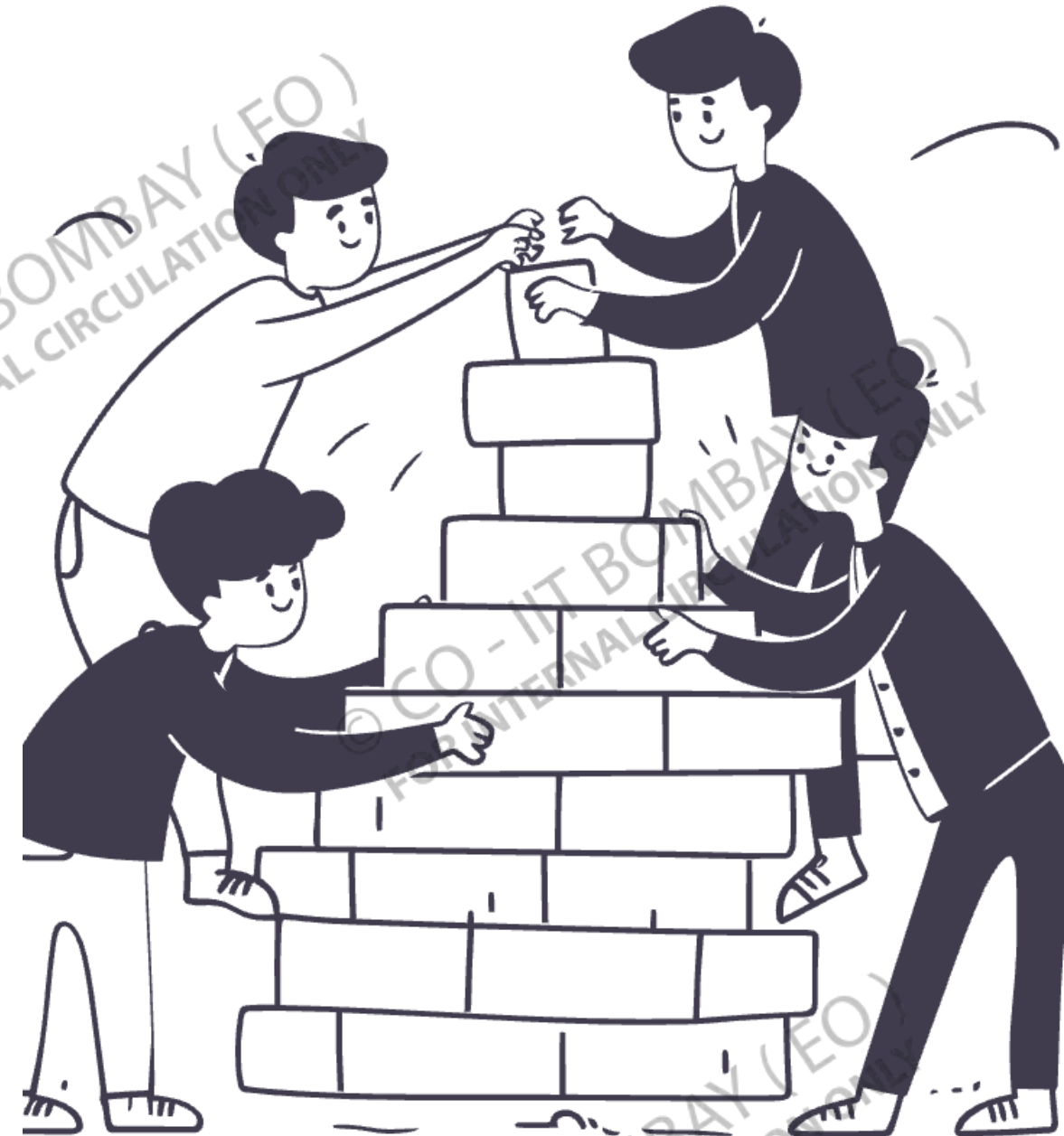
[travelperk.com](#)



Retreats reduce emotional exhaustion & depersonalization

82% attendance, significant effect 6 weeks post

[travelperk.com+3pmc.ncbi.nlm.nih.gov+3researchgate.net+3](#)



# Why Mussoorie?



## Natural hill-station environment

Ideal for stress relief & mindfulness



## Activities

Forest walks, yoga,  
local culture  
immersion, light  
hiking



## Safe & Accessible

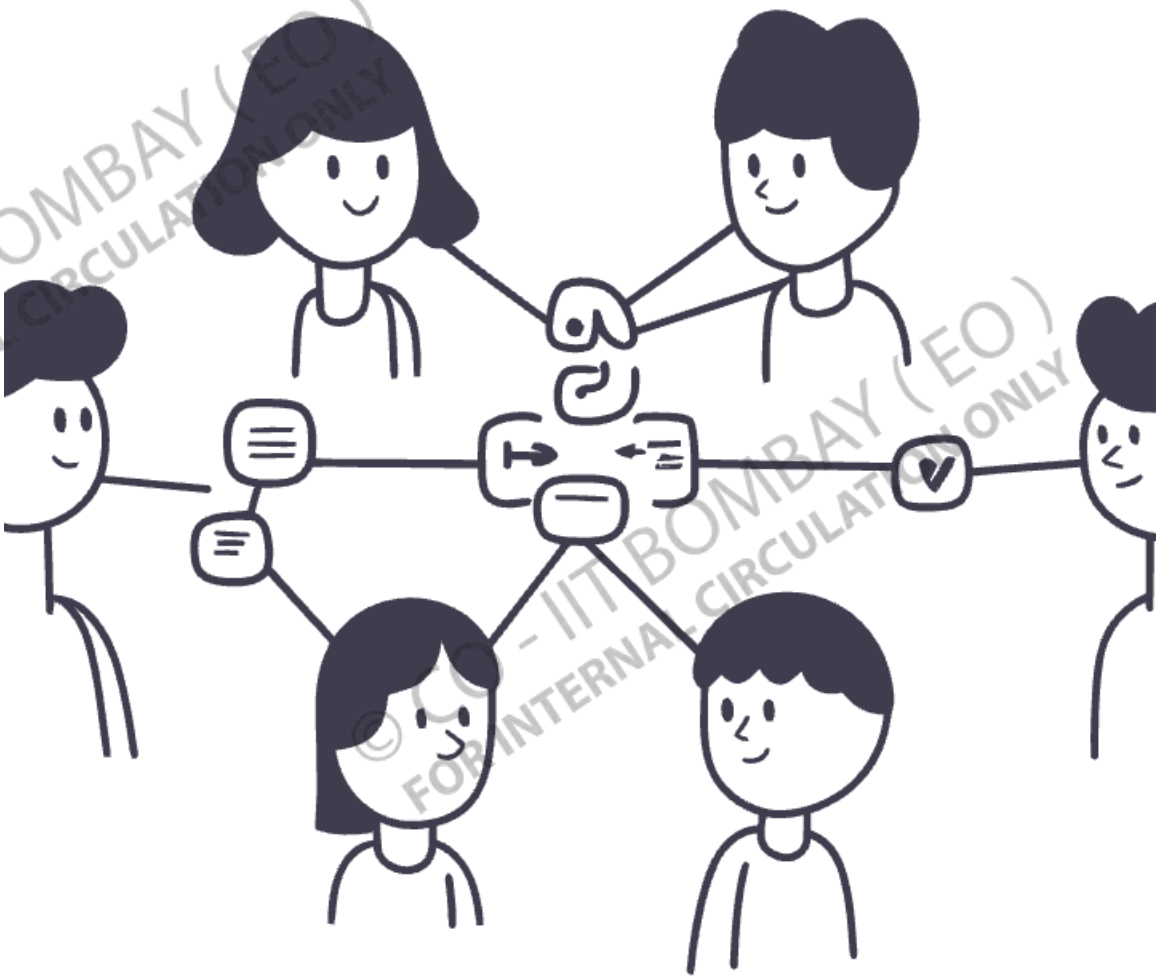
Scenic — perfect for a  
3-day team reset





# Proposed Itinerary

Day	Morning	Afternoon	Evening
Day 1 (Fri)	Travel & Check-in	Ice-breaker & Team Session	Bonfire + Mindful Sharing
Day 2	Guided Nature Walk & Yoga	Wellness Workshop	Local Culture Walk & Group Dinner
Day 3	Montage & Reflection	Future Planning Session	Return by evening





## Expected Impact



### Reduced Emotional Exhaustion

Validated in pilot retreats

[self.com+4teamout.com+4vantagefit.io+4arxiv.org+1globalwellnessinstitute.org+1travelperk.com+1economictimes.indiatimes.com+1arxiv.org+12natureretreats.org+12teamout.com+12](#)



### Increased Collaboration by 25%

Teams work more effectively together after retreats



### Improved Physical Health

Weight, BP, wellbeing in 7-day wellness retreats [natureretreats.org](#)



### Strong "We Care" Message

Boosts engagement & loyalty (89% happier, more engaged)

# Investment vs ROI

**\$3.27–\$6 return per \$1 invested**

Wellness programs ROI [wellable.co+2en.wikipedia.org+2en.wikipedia.org+2](https://wellable.co/en.wikipedia.org/en.wikipedia.org)

**Healthcare costs ↓28%, productivity ↑10%**

Absenteeism ↓25% after wellness retreats

[teamout.com+1en.wikipedia.org+1](https://teamout.com/en.wikipedia.org)

**Program cost (~₹X lakh)**

vs estimated ROI in morale, retention, health

# Call to Action

## We kindly request:

- Approval for **3-day Mussoorie retreat in July 2025** for X team members
- Budget: travel + lodging + activities (~₹Y per person)
- HR & Well-Being sponsor support

## Goal:

Re-energize our team, strengthen bonds, build resilience—and let them return refreshed and more engaged.

