

Quest and Thrive Launches Comprehensive Wellness Packages to Elevate Corporate Events

Quest and Thrive launches wellness packages for corporate events, featuring mindfulness, movement, and resilience workshops to enhance employee wellbeing and boost engagement during meetings and conferences.



Killorglin, Kerry May 29, 2025 ([Issuewire.com](https://www.issuewire.com)) - Quest and Thrive, Ireland's fast-growing wellness specialist, revealed a suite of **corporate wellness activities** designed to bring fresh energy and focus to meetings, off-sites and multi-day conferences. The new packages combine mindfulness sessions,

movement classes and resilience workshops. Giving employers an all-in-one solution for supporting employee wellbeing while enhancing the impact of their events.

Today's people need structured time to reset, recharge and reconnect. Our goal is to make it easy for companies and venues to weave high-quality wellness moments into any agenda. So teams return to work feeling engaged, appreciated and ready to excel.

A Turn-Key Approach to Wellbeing

Each programme is fully coordinated by Quest and Thrive's event team, from scheduling and logistics to equipment and décor. Clients can choose from:

- **Mindfulness & Breathwork** – Guided sessions that sharpen focus and reduce stress in just a few minutes.
- **Yoga & Mobility** – Gentle flow or energising power classes adjusted to every fitness level.
- **Resilience Workshops** – Practical tools for managing pressure, building mental clarity, and preventing burnout.
- **Relaxation Zones** – Pop-up spaces with mats, calming music, and aromatherapy for quick breaks between meetings.

All sessions are led by certified instructors who specialise in delivering corporate-friendly content and motivating diverse groups.

Benefits for Companies and Venues

Research shows that integrated wellness boosts morale and improves problem-solving skills. By adding Quest and Thrive's [corporate wellness activities](#), companies send a clear message that employee health is a top priority—an approach shown to strengthen retention and brand reputation.

Hotels, conference centres and retreat venues also gain a competitive edge. When a venue offers built-in wellness programming, it stands out instantly with planners who want more than four walls and Wi-Fi. Our packages help properties attract new corporate business and create memorable guest experiences.

Flexible Packages, Immediate Impact

- **One-Day Boost** – Ideal for off-sites and strategy days; includes two wellness sessions plus an optional relaxation lounge.
- **Multi-Day Recharge** – A full menu of daily classes and evening wind-down activities for retreats or sales kick-offs.
- **Custom Experience** – Tailored combinations of movement, nutrition talks, and team challenges to match unique objectives.

Quest and Thrive handle every detail, allowing organisers to focus on core event goals while delegates enjoy expert-led wellbeing breaks.

About Quest and Thrive

Quest and Thrive deliver engaging **corporate wellness activities** for festivals, schools, hospitality partners, and businesses nationwide. From large-scale wellness zones to intimate workshops, the company's mission is simple: make wellbeing accessible, practical, and fun for everyone.

Contact Us

[Quest and Thrive](#)

Media Contact

Quest and Thrive

*****@gmail.com

3532342005

Folding, Dough, Co. Kerry, V31 KX79, Ireland

Source : Quest and Thrive

[See on IssueWire](#)