



Mind Body & Soul

....A girls weekend away - 4, 5 & 6 May 2012

Come to Robe and indulge your senses with blissful aroma and hydro therapies, massages and beauty treatments to revive and restore a sense of total mental and physical well-being.

Hear from experts that support your health and wellbeing while having fun and sharing an experience with like-minded women.

Step out of your busy life and wrap yourself in the 360-degree relaxation and indulgence of a 2 day Robe pampering experience to relieve stress, harmonise the mind and replenish energy levels.

Rest and relaxation is not so much a luxury but a necessity in today's hectic lifestyle.

Women in Business & Regional Development Inc (WiB&RD) is planning to establish an annual event that will not only indulge women and add a little luxury to their lives but support the development of local businesses of Robe and beyond.

Women in Business and Regional Development connects rural and regional women for the purpose of developing their skills, celebrating their successes and achieving their full potential. We work in collaboration with like-minded people and organisations to provide dynamic programs that are relevant and accessible and contribute to the economic prosperity of our region.

Robe is an ideal location to stage this exciting weekend in May. If you are interested in being part of this weekend retreat then we would love to hear your ideas & how you want to be involved. There will be unique opportunities for sponsorship, both cash & in kind with exclusive benefits for sponsors - more news about sponsorship later.

If you want further information or to register interest please contact Maria Gentile on 0407795731, Elaine Pollock on 0458009616 or email executive@wibrd.org.au no later than 10 December 2011.

So get involved and help stimulate business development!

WiB&RD will to work in collaboration with key health organizations & allied health professionals with a small local committee to offer a weekend that:

- Presents information on health and wellbeing in creative ways
- Offers a gala dinner with keynote speaker (s) that is entertaining and fun
- Showcases local & regional businesses
- Provides fun workshops with professional and specialist staff
- Gives participants freedom to experience the beauty of Robe - nature walks, etc
- Stages different classes around health & relaxation
- Provides vouchers to allow participants to have a massage, a beauty treatment, etc
- Delivers a food and wine experience at interesting locations - breakfast on the beach, etc
- Includes possible team challenges while offering lots of time for self indulgence

How can you be involved?

- Offer special indulgence packages
- Provide discount vouchers
- Provide sponsorship to provide a cost effective program
- Host a breakfast, lunch or dinner
- Provide accommodation packages that may include that little extra
- Run a workshop or exercise class
- Use your networks to encourage participation
- Promote the weekend
- Build alliances to maximize participant access to your services
- Develop your website to offer special offers and packages
- Create a portal targeting health and relaxation businesses to increase tourism
- Put your hand up to help with planning
- Create and deliver an adventure walk
- Provide a unique tourism experience
- Offer your garden for a high tea
- Assist with graphic design
- Help organizers on the weekend

No doubt there are many other opportunities that can be explored - we would love to hear your thoughts and ways you can assist in making this inaugural event the very best it can be while generating tourism spend and visitor stay.

Tammy Whitehead

Chairman

Women in Business & Regional Development

www.wibrd.org.au