

Somercecil experiences

Bella Somerset & Gaby Cecil

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OUR OFFERING

CONNECTING WELLBEING UK TREKS.

UNRIVALLED KNOWLEDGE OF THE LAKE DISTRICT INCLUDING OPERATIONS AND LOGISTICS
OF HOW TO EXECUTE WELLBEING TREKS.

ENGAGED EXPERIENCE OF WORKING WITH A LAW FIRM IN LEVELLING UP THEIR WELLBEING
PROGRAMME.

WELLBEING TREKS

TREKS

- **DURATION OF TREKS:** 2 full days, 3 nights.
- **WHERE:** Lake District.
- **THEME:** Guided treks with an experienced Mountain Leader & Guide along beautiful tried and tested routes.
 - *Options for yoga and wild swimming with qualified life guard*
- **WHEN:** Autumn (September/October), Spring (April/May) and early summer (June).
- **CAPACITY:** Max. 12 pax per trek, Min. 6 pax
- **WHAT'S INCLUDED:** Organisation of entire trek from start to finish – including accommodation, guides, transfers in Lake District, food, routes, first aid
- **COST:** Circa **£470.00** per person (**accommodation, food, luggage transfers**). Travel not included.
- **Somercecil fixed costs based on 3 day experience with 2 guides: £2660.00**
 - *Qualified Mountain Leader: £200 per day*
 - *Additional guide for groups above 6 people: £120 per day*
 - *Somercecil organisational fee: £500*
 - *2 x guide accommodation, food, travel: £200 per person per day*

CASE STUDY: HARBOTTLE & LEWIS – LAKE DISTRICT TREK 2019 and 2020

CLIENT

Harbottle & Lewis (H&L) wanted to take their investment in wellbeing further and extend their focus to improving the overall wellbeing of their employees.

CLIENT OBJECTIVES

- Make H&L's overall wellbeing programme interactive, fun and rewarding.
 - Increase employee connection in disconnected times.
- Take their 1.0 wellbeing proposition (in-house yoga, counselling, exercise classes etc) to 2.0.

SOMERCECIL RESPONSE

- We created a two full day hiking proposition in the Lake District which was open to all employees.
- We took charge of all the organisation and logistics including, and not isolated to, the hotel, restaurant, taxi and baggage transfer bookings.
 - We designed scenic routes, which have been tried and tested, to allow employees to see the best of the Lake District.

OUTCOMES

We facilitated a space for increased cross-departmental connectivity and a space which allowed greater connection between different seniority levels of the business.

We helped to challenge the perception of their mental and physical fitness limits and communicated tools to help employees manage stress through movement, nature and connection.

Testimonial: "we felt challenged; loved building lasting friendships; loved the scenery; and felt connected. Can't wait for 2021"

“Harbottle & Lewis’ wellbeing programme was introduced because we recognise the importance of our people and their physical and mental health. The take up for the hiking was fantastic and the feedback was universally positive.”

*Glen Atchison
Managing Partner*



ABOUT US

Somercecil Experiences was founded by Bella Somerset and Gaby Cecil, two friends who **connected** through their **shared passion** for adventure and wellbeing.

Bella (**Mountain Leader, Yoga teacher and Health Coach**) and Gaby (**Consultant and Qualified Outdoor Guide**) built Somercecil to create experiences for people to thrive and connect. Movement, nature and connection is their elixir, and they champion these notions in everything they do.

What they say: *“We have **one mission**, to help employees return to a naturally, restful and happy state, and ultimately feel well”.*



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