



ready! steady! meet!

Focused & Happy Delegates

Fitzgeralds
Woodlands
HOUSE HOTEL
Adare, Co. Limerick

What is ready! steady! meet! ?

Welcome to Fitzgerald's Woodlands House Hotel. As usual we want you to feel at home and comfortable here, but also as alert and responsive for your meeting. That's why we devised our Ready! Steady! Meet! program.

Our Ready! Steady! Meet! Program includes a guide given to all delegates on arrival with our top 10 tips for a happy productive meeting, as well as options for, mini exercise sessions, brain foods and booster breaks for concentration and well being.

We will cleanse and purify your meeting room with Cedarwood Essential Oil which is known for clearing anxiety, fear, insecurity, and enhancing positive thinking, leaving you and your fellow delegates fresh minded & productive.

Complimentary Set Up & Arrival

Walnuts on Arrival! Omega 3 nourishes the brain cells allowing you to learn and to concentrate better. Concentration can be improved just 2 hours after taking the of Omega 3. Please help yourself to the complimentary walnuts provided by the hotel and get the most out of your meeting today.

Aromatherapy! We promise to cleanse and prepare your meeting room with Cedarwood Essential Oil before your arrival. Cedarwood oil is known for clearing anxiety, fear, insecurity, and enhancing positive thinking, leaving you and your fellow delegates fresh minded for productivity.

H2O! Its very important to remain hydrated for effective concentration. We recommend a glass of water before starting, and to have a glass of water in front of you during meeting times. Woodlands water supply comes fresh from our own well and is rich in natural micro nutrients

To Compliment your chosen Booster Breaks

Coffee! What? Confused? The problem comes when coffee is combined with other unhealthy things, as is so commonly done: triple-caramel-double-whip-chocolate-creme-mocha-blast-freeze... you get the idea. The coco bean is incredibly rich with antioxidants, amino acids, vitamins and minerals. Enjoy our freshly ground and brewed Robert Roberts coffee. Black is best, just one cup. **Add Coffee to your chosen Booster Break for E1.95**

Stretch! Make way for one of our Personal Trainers from Woodlands Leisure Club. Don't worry, We have asked him to go easy on you! Towards the end of your morning break, re-energize with a 3 minute guided group stretch routine to release your feel good endorphins, boost blood circulation, and prepare you for the next stage of your day. (Min meeting size 10 ppl, 48Hrs advance notice)

061 605100

reservations@woodlands-hotel.ie

www.woodlands-hotel





ready! steady! meet!

Focused & Happy Delegates

Fitzgeralds
Woodlands

HOUSE HOTEL

Adare, Co. Limerick



All Healing Booster Break - €4.00

Ginseng Tea! Ginseng is probably the most famous Chinese herb and is derived from a Greek word which means “all healing”. Ginseng is good for concentration and memory function. Some studies have shown that the properties in some ginseng strands increased protein synthesis in the brain and thus concluded that it is good for memory and concentration

Granola Bars! Filled with Vitamin B12 for a healthy nervous system & good mood. Vitamin B12 is also a memory booster and helps you focus. Granola Bars have a low Glycaemic Index rating, which means that energy is released slowly - not in a rush as sugar does



Brain Berry Booster Break - €4.50

Dark Chocolate! Yes, A veritable powerhouse of cognitive enhancement, mood and bliss-enhancement. Not your sugar loaded candy bar, but a minimally processed, high cocoa content dark chocolate. Cocoa contains antioxidants, flavonoids, catechins and many other brain & body-enhancing elements.

Blueberry Smoothies! Blueberries are a revered super food, aka the “Brain Berry”. They are known to slow and even REVERSE age-related brain decline, as well as improve short-term memory loss and help reverse age-related loss of balance! a top source of antioxidant phytonutrients which supports healthy brain function



Fruit 'n' Nut Booster Break - €5.50

Nut & Seed Platter! High in protein, Packed with omega oils, vitamins, and micro nutrients and accepted worldwide as a power food, tuck into our Chefs selection of nuts & seeds, and your brain will be in overdrive for the rest of the day!

Fresh Fruit Platter! Don't worry, We assume everyone has heard of the “5 a day” phenomenon. We will just provide a delicious chilled fresh fruit plate for you to enjoy.



061 605100
reservations@woodlands-hotel.ie
www.woodlands-hotel