



MEETING IN BALANCE

# WELLNESS SOLUTIONS FOR BUSINESS EVENTS

Meeting in Balance

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 [www.meetinginbalance.com](http://www.meetinginbalance.com)

**JOIN THE HEALTHY EVENT MOVEMENT**



## WELLNESS SOLUTIONS FOR BUSINESS EVENTS

We design, source, and deliver customized wellbeing activations for conferences, corporate events and venues seeking to offer wellness-forward experiences. From sensory quiet rooms and wellness entertainment to full vitality programs and corporate wellness festivals: we create concepts that inspire and bring relaxation, focus, and connection.

**For Events Organizers**

**For Venues**

## ABOUT US

With over 20 years of experience in organizing international conferences, business events, and corporate meetings, Eveline Koeman, founder of Meeting in Balance, had the privilege of working with global organizations like the World Glaucoma Association, Oracle, Deutsche Bank, the European Commission, World Expo, and many more.

Throughout this journey, one truth has become clear: the most successful events don't just deliver content, they create experiences that leave attendees energized, focused, and inspired. That's where well-being becomes essential.

## OUR MISSION

“Put people at the center of events”

At Meeting in Balance, we believe business events should leave attendees feeling enriched. That's why we design, source, and deliver customized wellbeing activations that seamlessly integrate into conference agendas, corporate meetings, exhibitions, and venues.

We help events create:

- Higher energy and focus
- Stronger networking and engagement
- Better knowledge retention
- Memorable attendee experiences
- Increased ROI for organizers, sponsors, and venues



# OUR MAIN SERVICES



## Wellbeing Experiences

Engage and energize your attendees with immersive wellness activations.



## Wellbeing Consultancy

Strategic guidance, keynote speakers, and curated wellness design for events.



## Wellness Venue Sourcing

Find venues with built-in wellness offerings tailored for business events.



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# WELLBEING EXPERIENCES

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# WELLBEING EXPERIENCES

*Curated wellbeing  
experiences*



## SENSORY QUIET ROOM

A cozy, multi-sensory space with headphones, acupressure mat, aromatherapy, and fidget tools helps attendees recharge, and return focused & energized on busy events



## CORPORATE WELLNESS FESTIVAL

An immersive corporate wellness festival offering interactive sessions, mindful experiences, and energizing activities to boost focus, engagement and wellbeing across your team.



## RELAX DOME

A soundproof, immersive 360 projection escape offering tailor-made group sessions or private relaxation, to recharge and energize attendees amid event bustle.



## MASSAGE LOUNGE

Enjoy a 10-minute aromatic chair massage in this lounge to unwind, refresh your mind, and return to the event recharged and focused.



## WELLNESS LOUNGE

A calming wellness lounge offering immersive experiences, relaxation zones, and mindful activities where attendees can recharge, de-stress, and return focused and energized



## MINI ZEN ZONE

A compact, calming space offering quick mindfulness and relaxation experiences where attendees can pause, breathe, and recharge amidst a busy event schedule.



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# WELLBEING EXPERIENCES

*Curated wellbeing  
experiences*



## MINDFULNESS ZONE

A dedicated space for mindfulness, offering guided exercises and quiet reflection to help attendees reduce stress, regain focus, and recharge during busy events.



## MEDITATION ZONE

A serene space for meditation, offering guided or solo sessions to help attendees relax, release stress, and restore focus during busy events.



## NAPZONE

Recharge in the Nap Zone with EnergyPods, private, comfortable pods designed to rest, refresh, and boost energy during busy event days.



## ALL-DAY WELLNESS MENU

The All-Day Wellness Menu offers diverse sessions, from breathwork, meditation, and massages to energy pods and sensory experiences, all to relax, recharge, and boost focus.



## EVENT SPA

An Event Spa offering massages, relaxation pods, and mindful experiences where attendees can unwind and return refreshed and energized.



MEETING IN BALANCE

# WELLBEING EXPERIENCES

*Wellness Moments  
Stand-alone concepts*



## AROMATHERAPY CHAIR MASSAGE

Enjoy a 10-minute aromatherapy chair massage. Reset, clear your mind, and feel refreshed with your choice of dōTERRA oils.



## SPACAPSULE

Looking for a unique way to pamper and relax guests? Discover the SpaCapsule, a 4-minute eye-catching hydromassage experience!



## MASSAGE MENU

Recharge in 15 minutes with your choice of head, neck, or hand massage. release tension, boost energy, and step back refreshed



## OXYGEN BAR

The futuristic-looking oxygen bar lets your guests enjoy clean oxygen in combination with four delicious aromas. After an oxygen session of a few minutes you will feel reborn.



## POWERNAP YOUR KNOWLEDGE

Discover the science of sleep in a light, engaging 10 minute micro-session. Practical tips and playful demos to recharge participants and enhance wellbeing



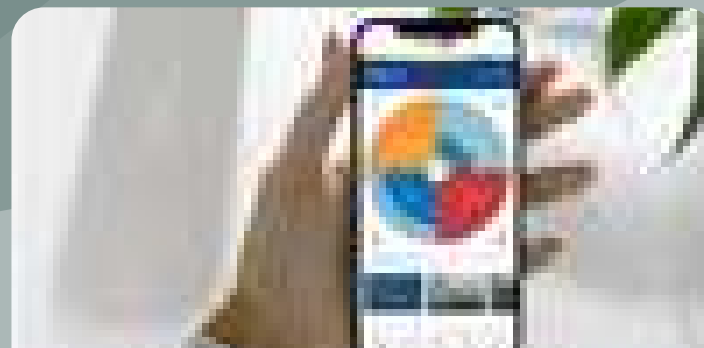
## BIKE YOUR OWN SMOOTHIE

The Smoothie Bike, make your own smoothie by biking! A fun, interactive way to promote vitality, sustainability, and engagement at your event.



# WELLBEING EXPERIENCES

*Wellness Moments  
Stand-alone concepts*



## WELLBEING APP CHALLENGE

Engage attendees with a gamified wellbeing challenge. Track movement, sleep, nutrition, and energy while inspiring healthy habits.



## NEURO 360 VR EXPERIENCE

Offer a unique reset with Neuro360, an immersive VR mindfulness experience blending neuroscience, tech, and calm for full relaxation.



## 3D MOVEMENT SCAN

A 10-minute scan reveals posture, and mobility, helping participants prevent strain, boost energy and improve performance.



## MOBILITY WORKSHOP

Practical short sessions teaching simple exercises to boost mobility, reduce tension and prevent discomfort, helping participants feel relieved, and ready to engage.



## ACTIVE RELEASE DISCOVERY

Targeted 15-minute ART sessions release muscle tension, improve mobility and flexibility. Help participants feel lighter, refreshed, and ready to engage in the event.



## SENSORY REALITY POD

Step into the Sensory Reality Pod, a 5-15 minute immersive VR escape using light, sound, scent, and airflow to relax, recharge, and restore focus.



# WELLBEING EXPERIENCES

*Wellness Moments  
Stand-alone concepts*



## MINI-COURSE CONFERENCE ESSENTIALS

A mini course with bite-sized tips to boost focus, energy, and networking, helping delegates get the most out of any event.



## WELLNESS WALL

A wall where attendees share tips, reflections, or intentions—sparking inspiration, connection, and mindful moments throughout the event.



## ICE-BATHS

A refreshing reset that boosts circulation, sharpens focus, and builds resilience, invigorating attendees with a powerful mind-body experience.

# WELLBEING EXPERIENCES

*Energizers – Group experiences*



## ENERGY UP EXPERIENCE

Interactive session boosting energy, connection and vitality through movement, breathwork, and playful activities, leaving participants engaged & refreshed.



## SANCTUM EXPERIENCE

High-energy, immersive movement session blending HIIT, martial arts, yoga, and breathwork, helping participants release stress, boost focus and creativity



## CONSCIOUS MUSIC CODE

A multi-sensory experience with sound, scent, and visuals to release stress, boost creativity, restore focus, and provide a memorable mental reset in just 20 minutes.



## EVENT YOGA

Step away and recharge with yoga—mindful movement and deep relaxation to help you feel grounded, recharged, and present.



## BREATHWORK EXPERIENCE

Guided breathwork session with (optional) headphones to release stress, quiet the mind, boost energy, and restore clarity, focus, and emotional balance for lasting impact.



## SOUND HEALING / BATH EXPERIENCE

Relax to the soothing vibrations of a sound bath, releasing tension, calming the mind, and feeling refreshed and balanced.



# WELLBEING EXPERIENCES

*Vitality Boosters  
Group experiences*



## LEARNING SNACKS

Bite-sized learning snacks on sleep, nutrition, and wellbeing, short 5-10 minute live or online sessions designed to boost knowledge, energy, and healthy habits in minutes.



## POWER BREAKS

15-20 minute active sessions that energize participants, release tension, and boost focus, combining movement, breathwork, and playful activities for a quick refresh.



## HUMAN DESIGN IN BUSINESS

A session exploring how individual energy and decision-making styles optimize teamwork, communication and productivity for more effective, aligned business outcomes.



## CACAO CEREMONY

A guided immersive ritual using ceremonial cacao to open the senses, create presence and a shared moment of connection and mindful reflection.



## BUSINESS CONSTELLATIONS

A guided session exploring organizational dynamics. Reveals hidden patterns. Creates clarity, alignment and effective collaboration within teams & business structures.



## MORNING STRETCH

Gentle guided movements to wake the body, increase circulation, and start the day energized and focused.



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# WELLBEING EXPERIENCES

*Speakers*



## POWERNAP YOUR KNOWLEDGE

Discover the science of sleep in a lively 30-minute session, earn how to boost energy, focus, immunity, and mood through practical, research-backed strategies.



## FOCUS

Discover how your brain works and take control of stress, focus, and productivity. Learn practical strategies to work smarter, reduce distractions, and boost energy.



## THE FUTURE OF WORK

Explore the future of work through research, stories, practical strategies. Learn to set priorities, seize opportunities, handle change, and work smarter without burning out.



## THE POWER OF BREATH

Join this energizing session to explore how better breathing and sleep can transform recovery, focus, and overall well-being.



## WEALTHY LIFESTYLE

An interactive keynote raising awareness on the importance of a healthy lifestyle. Covers nutrition, sleep, movement, focus, and mental relaxation for congress participants.



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# WELLBEING CONSULTANCY



## STRATEGIC GUIDANCE

Gain strategic insights on embedding wellness into events, boost impact, engagement and long-term value through practical frameworks and proven approaches.



## CREATIVE CONCEPT CREATION

From venue selection to concept, we create wellbeing-driven experiences that balance inspiration, rest and connection, tailored to your goals.



## EVENT WELLNESS PROGRAM DESIGN

From agenda flow to break activities, we integrate wellbeing into every moment, ensuring participants stay energized, focused, and fully engaged.



## WELLNESS SPONSORSHIP & EXHIBITION PACKAGES

Unique sponsorship and exhibition formats that differentiate your event, engage participants and showcase partners' genuine care for health, balance and connection.



# WELLBEING CONSULTANCY



## WELLNESS INCENTIVES

Tailor-made programs combining inspiring venues, wellbeing activities, and thoughtful gifts for a memorable experience.



## MINI-COURSE CONFERENCE ESSENTIALS

A 90-minute mini course with bite-sized tips to boost focus, energy and networking, helping delegates get the most out of any event.



## EVENTWELLNESS KEYNOTE/WORKSHOP

Discover practical strategies to integrate wellbeing into events. Enhance engagement, reduce stress, and leave participants inspired long after the program ends.



## WELLNESS GIFTS

Thoughtful wellness gifts, practical items that inspire relaxation, energy, and balance, creating a memorable and impact beyond the event.



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# WELLNESS VENUE SOURCING

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# WELLNESS VENUE SOURCING



## WELLNESS VENUE SOURCING

**We source inspiring venues worldwide through the HelmsBriscoe network. Spaces that prioritize wellbeing, balance and memorable experiences, aligned with your event goals.**

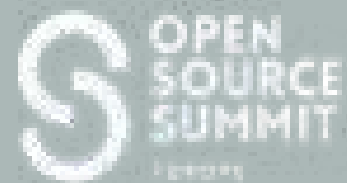
**For the venue sourcing no costs are charged as we are compensated by the properties.**



**HB** | HELMSBRISCOE

# EXPERIENCES

For over 20 years, our team members have worked with several beautiful brands and associations, producing high-end conferences and events. We combine our experience to create unique and memorable event experiences





# CLIENT TESTIMONIALS

*A huge thank you for all your **amazing help and collaboration** on the show! The **Quiet Room design was absolutely fantastic**, and the **space looked stunning—so much creativity and attention to detail**. It would be such a **pleasure to work together again** in the future.*



**Louisa Parsons**  
The Montgomery Group, UK

*For our **staff festival**, we collaborated with Meeting in Balance, and **we were incredibly pleased**. From the very first contact, **communication was clear and pleasant**. Eveline was always **quick to respond** and **actively collaborated with us**. The proposal included a **diverse range of well-being elements**, giving us as a team **plenty of options to choose from** to find the perfect fit for our event. Eveline also provided valuable input when we had specific ideas. **The collaboration went smoothly**, and we look back on the **final result with pride**.*



**Carlijn**  
Corporate Event

# CLIENT TESTIMONIALS

We organized an Inspiration Tour through the Haarlemmermeer with Events Park Amsterdam. Papa's Beach House was part of the tour where we wanted to **inspire the group of event managers to find a place of rest** while organizing a meeting. Meeting in Balance gave a **breathing session** to give the group a **moment of silence and relaxation** which was **incredibly enlightening** and at the same time gave an **enormous energy boost**. As far as I'm concerned, an **indispensable part of your next meeting**.



**Rick Engeringh**  
Clay Hospitality, NL

We are so glad we partnered with Meeting in Balance. Eveline provided **great communication** throughout the whole process and **made the experience so smooth**. We highly recommend Meeting in Balance!



**Erica Allen**  
The Linux Foundation, USA





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