

NaturaReserve

Bringing the Boat Brain to Businesses

What is Boat Brain?

Research shows being on the water can improve happiness and health

Research shows Americans are taking less vacation, and nearly 80% report feeling **stressed** in their day.

This **decline** in mental health is not conducive to **business growth** and **productivity**.

Blue Mind author Dr. Wallace J. Nichols finds that being on, in, or near the water brings vast **cognitive**, **psychological**, and **social health benefits**. One of the best ways to achieve “Blue Mind” is on a boat.



Red Mind

Stress, anxiety and fear causes high stress hormones.

Blue Mind
Calm, peacefulness, unity and happiness associated with water.



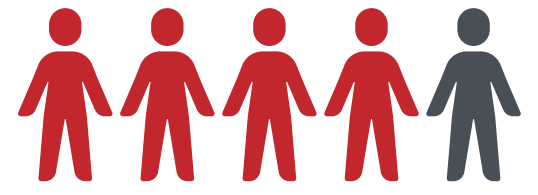
Blue Mind is the Antidote to **Red Mind**,
and **We** Can Help **Your Employees** Access it!

Inspire Your Team

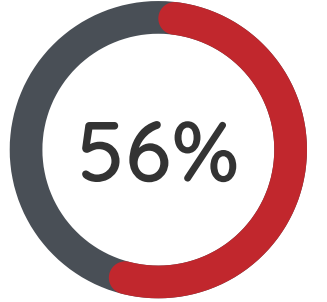
Research shows the mental health of workers has been on a steady decline



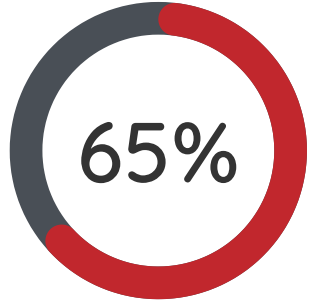
9 out of 10 employees say workplace stress negatively impacts their mental health



4 out of 5 employees feel emotionally drained from their work

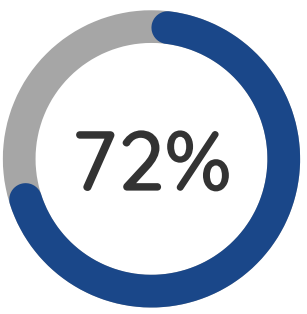
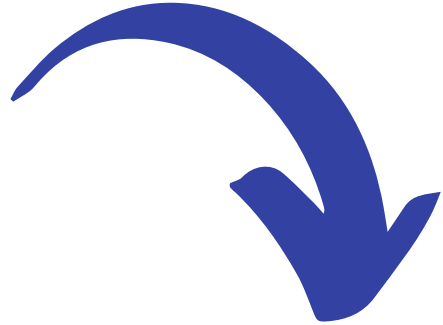


In 2021, 56% of workers spent their time looking for a new position

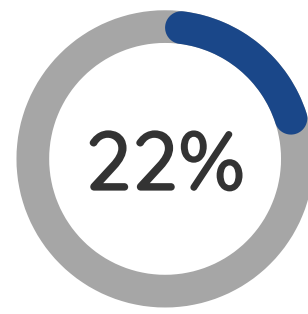


65% found it difficult to concentrate because of their work environment

BUT Boat Brain Can Help!!



72% of Americans feel healthier after spending time on the water



People who frequently spend time near water are 22% less likely to report depression & anxiety symptoms

142MM

142 million Americans go boating every year

<https://mhanational.org/research-reports/2021-mind-workplace-report>

<https://www.discoverboating.com/resources/science-behind-boating-health-wellness-benefits>

Why NaturaReserve?

Sustainable Houseboat-Yacht to improve your employee's mental health



Boating resets the brain

Water relaxes, restores & helps us reconnect, which increases capacity for improvement



Boating is awe-inspiring

Awe & wonder change our bodies and minds for the better, which increases productivity

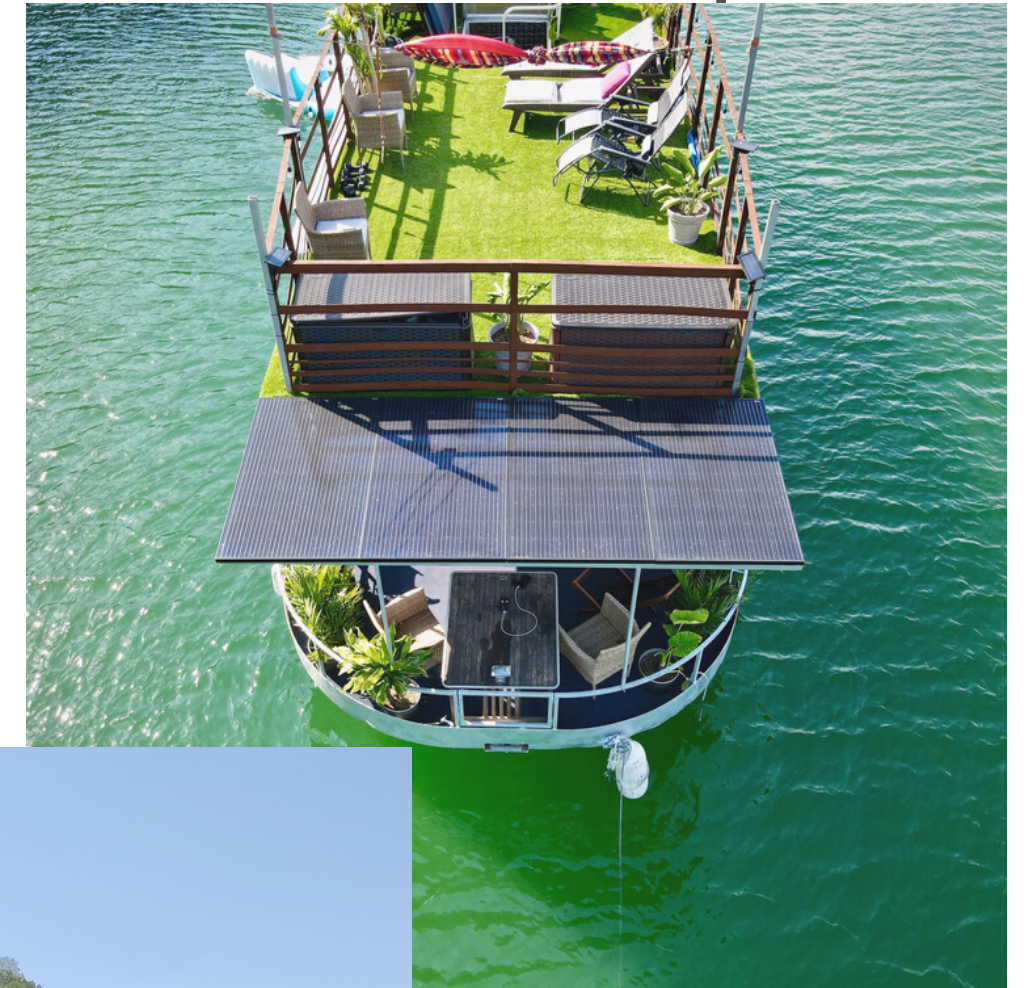
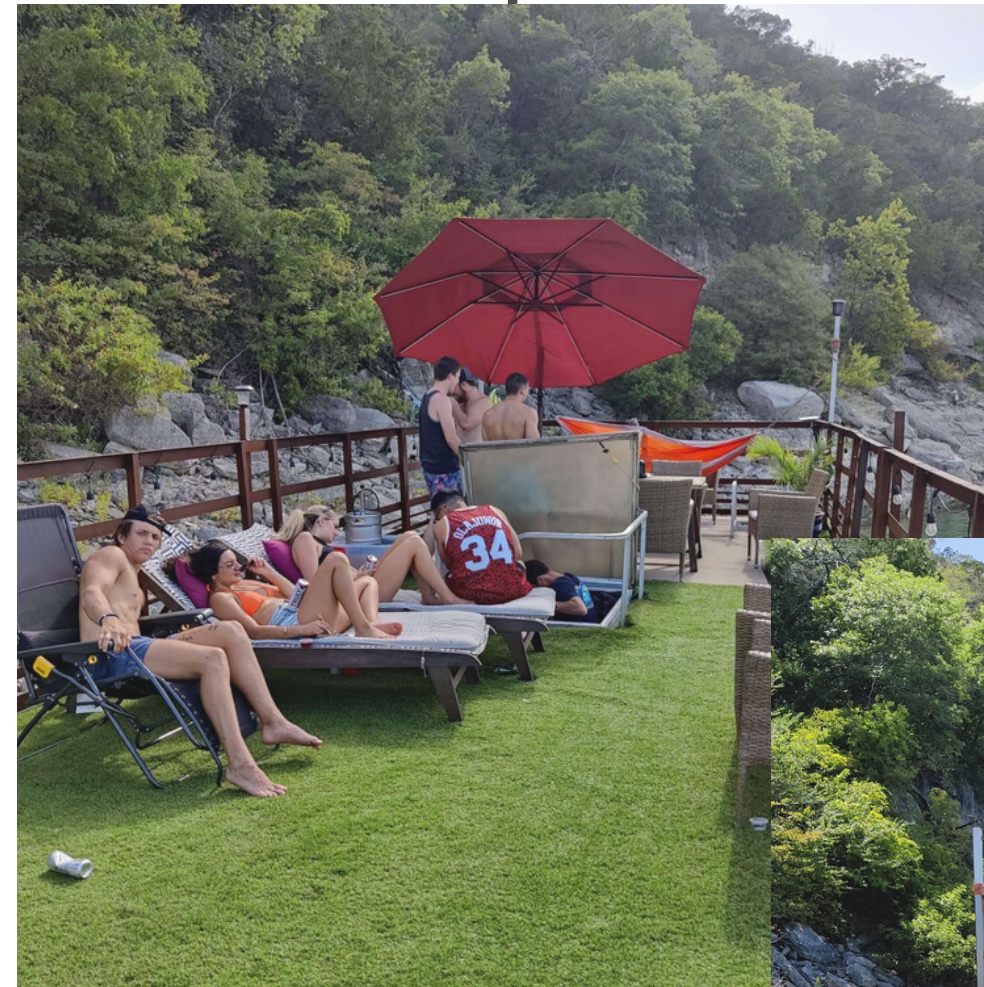


Boating induces creativity

Feel-good hormones reduce stress & water-related activities spark creativity

How NaturaReserve Can Help Your Employees

- corporate events
- team building
- company parties
- yoga on the boat days



Our team will work with you to design a **customized wellness experience** for your employees on the Houseboat-Yacht

Activate Your Employee's *Boat Brain!*

Collaboration Space on the Water

Reward your best employees with "work on the water" days

Bring your **team**, bring your **laptops**, and prepare for a creativity-boosting **work day on the water**.

This will be a **one of a kind treat** for your workers, designed to boost **morale, creativity, & engagement**



STAND OUT as an **EMPLOYER!**

Collaboration Space on the Water

What can your one of a kind work day include?

Perk
1

We've partnered with Mozart's to cater your choice of food and refreshments for your work on the water day



Perk
2

You can choose to work with our partner wellness coach to include breathing, focus, and wellness activities during your breaks



Perk
3

Kayaking and Stand-Up Paddleboards

explore Lake Travis for a one hour tour along scenic limestone cliffs and a bird sanctuary



Perk
4

1 hour Lake Travis boat tour



Collaboration Space on the Water

Day 1 Curated

8:30-9:00am: Pontoon Shuttle to the Houseboat

Our team will shuttle you through Lake Travis

9:00-9:30am: Breakfast on the Houseboat

Our team will work with you beforehand to cater your pick of breakfast from our partner Mozart's.

9:30-10:30am: Team Meeting

10:30am-12:30pm: Productivity Period

Enjoy 2 productive working hours on the boat.

12:30-1:30pm: Teambuilding

Pick your choice of teambuilding activities, and bond on the boat with your coworkers

1:30-2:30pm: Lunch

Enjoy your pick of food and drinks from Mozart's

2:30-5:30pm: Productivity Period

Work alone or one on one with colleagues

5:30-7:30pm: Wine Tasting happy hour with our onboard DJ

Drone team video and photo shoot to capture the memories and build moral.

7:30-8:30pm: Shuttle back to shore.

Day 2 Curated

8:30-9:00am: Pontoon Shuttle to the Houseboat

Our team will shuttle you through Lake Travis

9:00-9:30am: Breakfast on the Houseboat

Our team will work with you beforehand to cater your pick of breakfast from our partner Mozart's.

9:30-10:30am: Team Meeting

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Enjoy 2 productive working hours on the boat.

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How We Add Value to Your Business

By partnering with us, you will:



Improve Company Culture

Hosting corporate events or teambuildings centered on wellness on the NaturaReserve Houseboat-Yacht will increase employee satisfaction and retention.

Increase Productivity & Engagement

Having a workplace wellness program or implementing wellness activities, will improve the mental and physical health of your employees, which will result in improvements in productivity and workplace engagement.

What They Say

How do our clients feel about our services?



Reese Miller



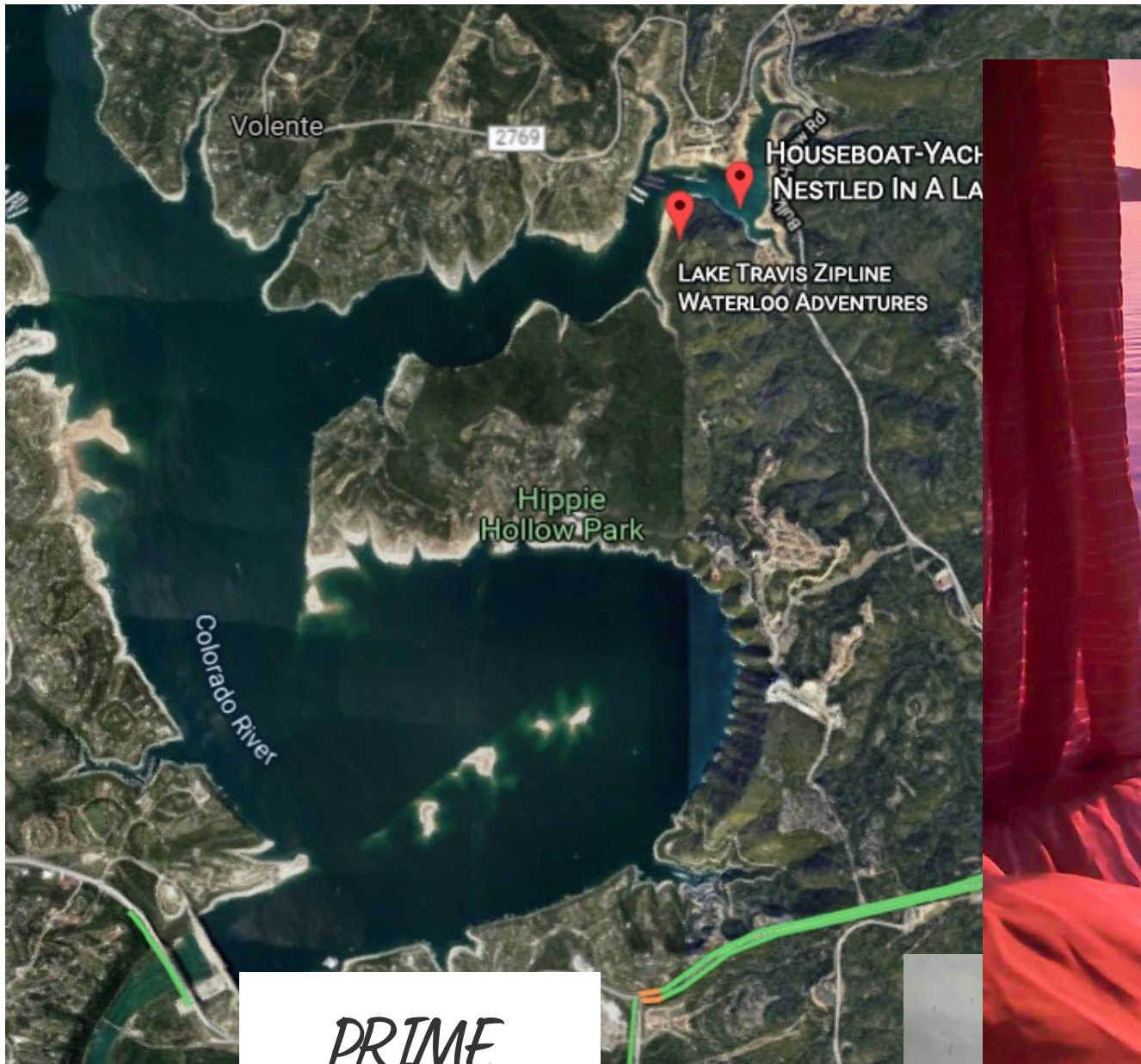
Your services are excellent and I'm your new evangelist.
Thank you for making my trip amazing yet safe.



Korina Villanueva



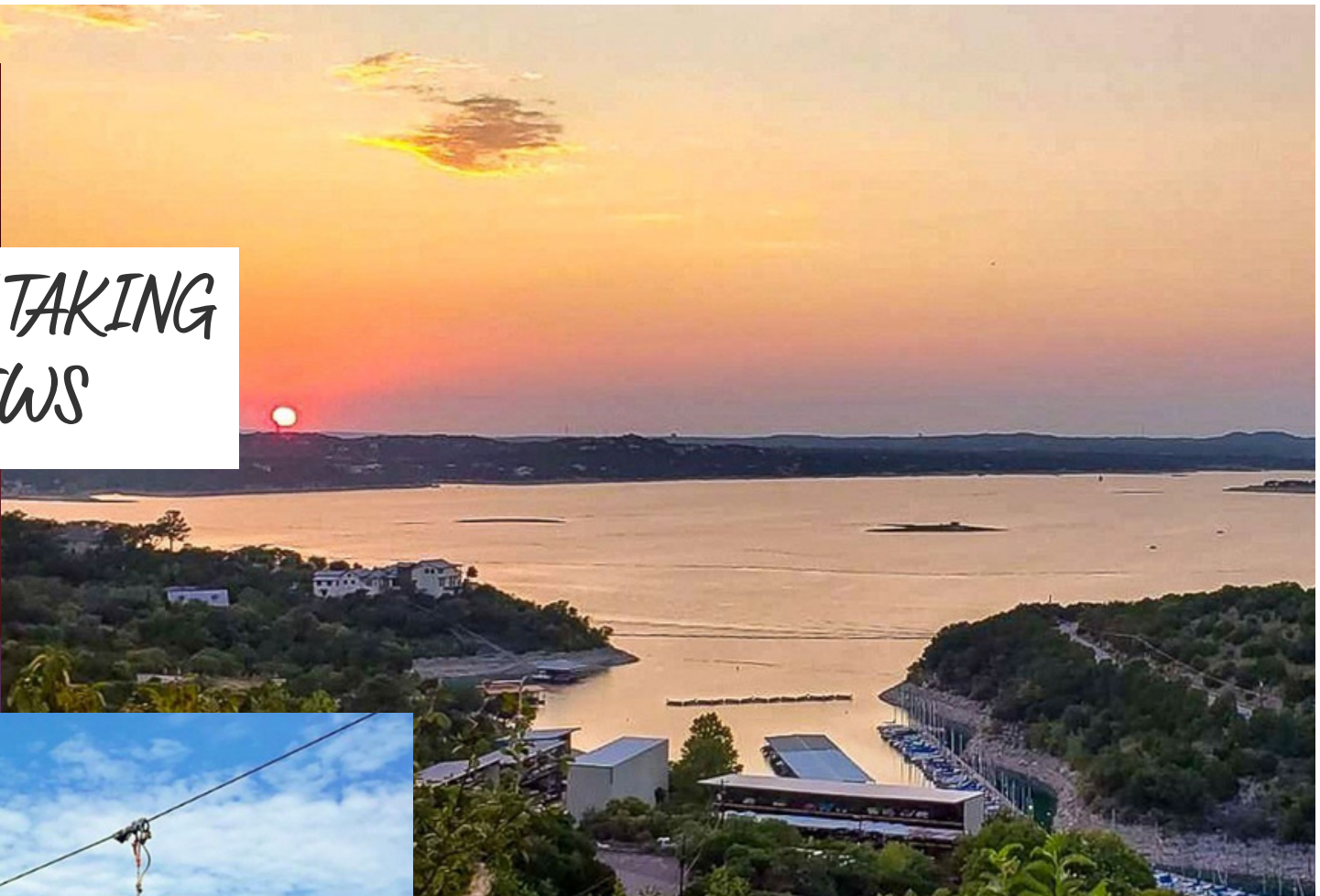
This was a really cool trip. Our tour guide was very kind and knowledgeable about all the locations we stopped at.



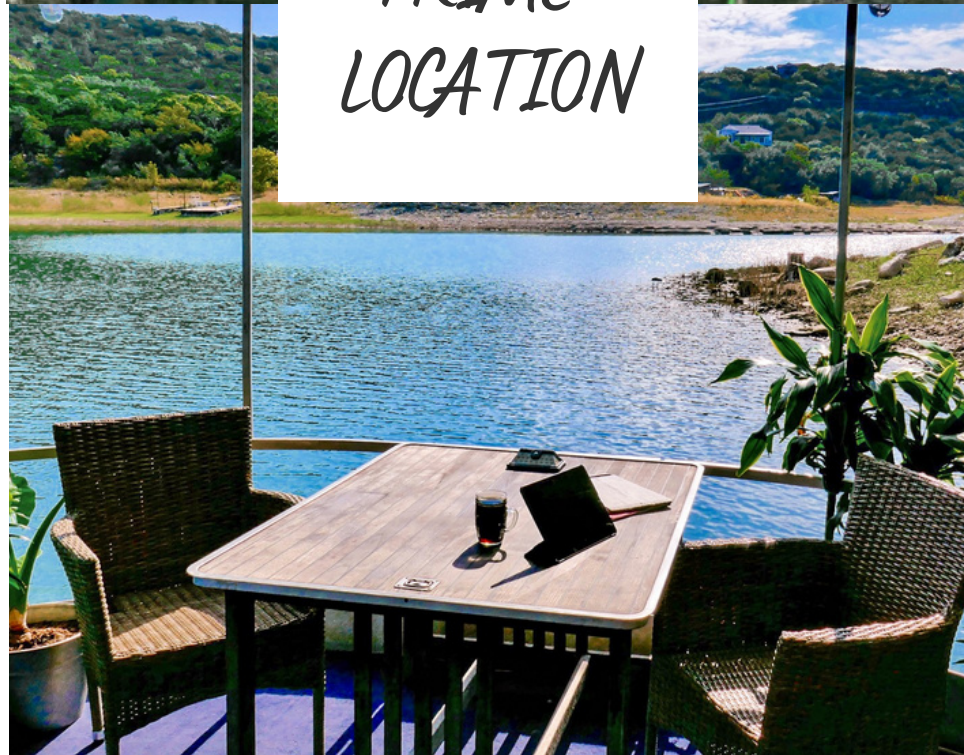
PRIME LOCATION



BREATHTAKING VIEWS



CLOSE TO FUN ACTIVITIES



wellth

[well(ness) + (heal)th]

Natura Reserve

Sustainable Houseboat-Yacht
Lake Travis, TX

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