



Reconnect Your Team And Prevent Burnout Outdoors In Nature

We Offer Team Building Hikes With A Focus On Gratitude



Get Your Team Members Out Of Their Normal Surroundings To Deepen Connections With Each Other



GRATITUDE

This is a mindful hiking experience so we'll incorporate gratitude to remind you of the good in your life.



UNPLUGGED

We'll be unplugged, free from the distractions of our phones.



NATURE

We'll be outside in nature which has shown to lower stress as well as make us more creative, productive and happier.

OUR MISSION IS TO HELP YOUR TEAM MEMBERS FEEL MORE CONNECTED AND HAVE LESS BURNOUT SO THEY STAY WITH YOUR COMPANY LONGER.

Scott Colby  **865-235-1465**

www.gratitudehikes.com

The 5 Essentials That Support Workplace Wellbeing

The Surgeon General outlined “five essentials” that would help workplaces support wellbeing with one of them being connection and community. This is important because 61% of employees are lonely and underperforming; they lack meaningful connections. They are 7x less likely to be engaged at work and 5x more likely to miss work due to stress or illness. They think about quitting their jobs twice as often, and it is costing organizations \$550 billion in lost productivity.

The good news is that 70% of employees say that having a friend at work is the most crucial element to workplace happiness and employees with a close work friend are 7x more loyal and productive. By partnering with Gratitude Hikes, you'll have a more connected and productive team that feels valued.



How It Works

The best thing to do is set up a call with us so we can learn more about you and your company's needs.

There is no pressure or obligation. We just want to get to know you!

Please send us an email to scott@scottcolby.com or fill out this [form](#) so we can learn more about you.

We're located about 45 minutes outside of the Smoky Mountains, and can take your team on a beautiful waterfall hike here away from the crowds. If you're far away, we'd be happy to come to you as well.

Need A Custom Experience?

We will work with you to customize the activities and experiences that match your needs, budget and outcome desires, while integrating mindfulness, fun, adventure, gratitude and camaraderie.

We look forward to getting to know you!

WHO WE'RE GOOD FOR

Yoga And
Wellness Retreats

Team Building and
Leadership Retreats

College and High
School Students

WHAT PEOPLE ARE SAYING ABOUT OUR HIKES

This hike with Scott was the highlight of our trip. He is very knowledgeable and charismatic, not to mention you get to see amazing sights on the trail. The gratitude aspect of it all really helps connect as a family as well. We would recommend this to anyone visiting the Smokies.

- Daniel

By far the best time we have had so far. Scott is an amazing person and the location he chose for the hike was Heavenly. Very 'grateful' to have booked this excursion and have the joy of interacting with such a great host.

- Tyson

Scott is a natural at sharing the great message of gratitude in one of the most beautiful spaces in this area. You could pick any beautiful space in the world and Scott could provide a gratitude POV while stimulating conversations (even from our 15 yr old!!!). It like walking with an old friend who helps guide your family into an experience.

- Andrea



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