

## LABORAL

Laboral is labor wellness in the World of Discovery.

In partnership with GPA Brazil, Laboral introduces labor gymnastics as an ergonomic solution to occupational injuries and discomfort.

The pillars of Laboral include Movement, Mindfulness, Happy & Healthy Nutrition, Self-Development, Safety & Sanitation and Wellness Travel.

**Laboral is a holistic wellness program in the workplace.**



## WOD

World of Discovery

## Contact Us

+63-7719-6801/02

25 ADB Avenue, Ortigas Center, Pasig City  
[laboralteam@discoveryhospitality.com](mailto:laboralteam@discoveryhospitality.com)

WORLD *of* DISCOVERY

## MMLM WELLNESS RETREAT HALF-DAY

Move More, Live More!





# VIRTUAL LABORAL WELLNESS RETREAT

P50,000 (max 50 pax)  
With Self-Discovery Speakers

P1,000 per Person (Self-Development only)  
Minimum 25 persons

## SELF-DEVELOPMENT

Choose from:

- DIY Cooking
- DIY Mixology
- DIY Aquaponics

## SELF-DISCOVERY

Choose from:

- BIOPIC-Making
- JOURNAL-Writing
- PURPOSE-Setting

## SCHEDULE

Opening Movement Class  
ENERGIZER

Activity 1: Self-Development  
CHOICE OF SESSION

GUEST SPEAKER  
(Embracing your Life's Purpose)  
(How To Write Your Life Story)

Midway Movement Class  
PRODUCTIVE PAUSE

Activity 2: Self-Discovery  
CHOICE OF SESSION

Ending Movement Class  
RELAXATION + MINDFULNESS

## BONUS

Choose from:

Personal Hygiene  
Surface Sanitation  
Hotel-Grade Housekeeping

## ADD-ONS

- DIY Cooking Kit (P750)
- DIY Mixology Kit (P550)
- DIY Aquaponics Kit (P400)
- Lunch Box (P500)
  - Mixed Green Salad
  - Choice of Rice Bowl:
    - Miso Glazed Fish Fillet with Stir-fried Bokchoy & Shitake Mushrooms
    - Roasted Fish Fillet with Lemon Butter Sauce
    - Grilled Chicken Pepper Sauce
- Snack Box
  - Grazing Box (P500)
  - Charcuterie Box (P1,000)
- Journal Kit (P500)
  - Journal/Notebook
  - Writing/Design Tools

\*Exclusive of  
Delivery Fees

## AA Patawaran



### Speaker: YOUR LIFE STORY

AA is a best-selling author of various locally published books including Write Here Write Now, HAI(NA)KU and Other Poems and Manila Was a Long Time Ago.

He was a professor in San Beda College and College of St Benilde covering topics on Grammar, Fashion Journalism and Multimedia Writing.

He was a writer and editor of coffeetable books for APEC 1996, Tina Jacinto's Having a Ball and Rachy Cuna's Book of Flowers.

Currently the Lifestyle Editor of Manila Bulletin, after the same stint in Manila Standard. With Editor-In-Chief experience in Taipan, Sud, Stopover, Sense & Style, Style Weekend and earlier assignments in Lifestyle Asia, AA is a story-teller par excellence.

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## GUEST SPEAKERS

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### Speakers: YOUR LIFE PURPOSE

Bobby is a trained Life and Executive Coach, a director and principal trainer of Roadmaps + Beyond. Together with wife Mignon, once the CEO of OTIS Elevators in the Philippines and a seasoned strategy consultant, they have worked with leaders from premier Filipino companies like ABS-CBN and Discovery, to drive personal and business growth with a purposeful approach.

Experienced in team building workshops and one-on-one coaching, their perspectives from both management and rank & file points of view allow them to bridge gaps and align life's purpose with culture and company VMV.



Mignon & Bobby Ramos

AA Patawaran

## YOUR LIFE STORY

This biopic-making workshop has two parts: Writing your Autobiography and producing your movie in pictures or videos.

Is your story about love? survival? a dream come true?

Before and around that time, can you remember milestones, images of people, places and incidents that can build up your story?

What is the voice of your story: funny, wise, self-effacing, confident, witty...

So is it drama, comedy, suspense...

Is it in English or Filipino?

Now, how do we film your life story or use existing footage or photos to transform your novel to cinematic heights?

Join AA to build your life story, or compile the life story of your team.

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## SESSION CONTENT

MMLM WELLNESS RETREAT

Sessions are designed to stimulate mental and emotional engagement for wellbeing.

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## YOUR LIFE PURPOSE

What is your Why?

Why do we do What we do?

PURPOSE is defined as the reason for which something is done or created or for which something exists.

Is your purpose necessarily the meaning of your existence?

How can life be better knowing and embracing one's purpose in life?

Do you need a purpose in life?

Join Mignon and Bobby to answer key life-changing questions as you journey back to key moments in your life that shaped who you are and will define your purpose, moving forward.

Mignon & Bobby Ramos