

VIRTUAL EXPERIENCE BROCHURE

VIP Corporate Sessions with Athletes across the globe.

Unique risk free opportunity to engage with Athletes on exclusive virtual experiences for Global / Regional Staff gatherings, individuals, team building, or gifts.

YOGA OR WELLBEING SESSIONS WITH MEDALLISTS



VIRTUAL CYCLING AND Q AND A WITH MEDALLISTS



WIDE RANGE OF INSPIRATIONAL EXPERIENCES



CHRISTMAS OFFER 2021

1 – Global / Regional Office Olympics or Team Building Session
3 - Gift Experiences for colleagues to take part in during 2022.

Unlimited number of participants

COST: £4,400 + VAT
See Page Three for details.



CORPORATE GROUP BOOKINGS VIRTUAL EXPERIENCES INSPIRING / EDUCATING / STIMULATING

Group (unlimited numbers can participate) / Mutually agreed date

COST: £ 2400 including vat

GLOBAL / REGIONAL OFFICE OLYMPICS:

Christmas Party / Conferences in 2021/22

- Offices join together to take part in a series of fun challenges involving creativity and 'sporting' endeavours.
- Each challenge hosted by a Medallist representing the region or country.
- All can be performed without need for equipment.
- Four Olympic hosts / four sporting challenges. Additional Athletes @ £600 per athlete.

Previous Clients have chosen. Handstands, Synchronised Swimming, Rowing (Chairs or Rowing Machine), Speed Skating, Office Pole Vault / Javelin, Office Archery, Opening Ceremony, Medal Designing & Anthems.

ESTABLISHED VIRTUAL WORKSHOPS

COST: £ 2400 including vat (unless stated) Mutually agreed date

All the following experiences include a talk on the career of the Athlete and can cover themes requested by the client.

- **Learning about positive mindset. Meditation,** learn how to set goals, talks about athlete experience and answer questions.
- **Confidence coaching :** introduction to "winning mindset", create the foundation to perform with confidence, give performance tools and strategies to optimise mindset.
- **Personal Training** fun exercises for all the group to take part in, just need gym gear and a smile. Also chance to go ask questions on their careers.
- **Yoga** with an Olympian requiring Yoga kit or at least yoga mat and yoga straps, the chance also to discuss career and experiences with a gold medallist.
- **Hockey Chills Skills and Drills:** Interactive session and Q and A with a Field Hockey International ideal for school aged family members.
- **Interactive Speed Skating.** Need a yoga mat and a tennis ball. Talk about his sport, his career, answer questions and interactive speed skating with no ice.
- **Practice handstands** Gym clothes, mat, sturdy wall for handstand, and then get an Olympic medallist teach techniques to practice handstands.
- **Cycling** on turbo trainers / smart bikes with an Olympic Medallist , bit of training while talking about their athlete experience and answering questions.
- **Zoom Ergs** on turbo trainers / smart bikes with an Olympic Medallist , bit of training while talking about their athlete experience and answering questions.
- **Netball Drills and Thrills** Interactive session and Q and A with a Netball International ideal for school aged family members.

Please contact David Cotton on david@legacy300.com or 07866 316 228 for full event descriptions, and images / videos.



CHRISTMAS OFFER 2021

**1 x Team Building Session delivered when appropriate.
3 x Gift Experiences for colleagues to take part in during 2022.**

Unlimited number of participants, no need to ship equipment to colleagues.

COST: £4,400 + VAT

GIFT Individual Experiences Delivered in a Corporate Branded EPK.

Corporate chooses the activities and dates for delivery by the end of March 2022: Also the athlete / country of their choice.

SELECT FROM:

- **Virtual Office Olympics**
- **Meditation and Wellbeing**
- **Personal Training.**
- **Interactive Speed Skating.**
- **Practice handstands.**

Those with some personal equipment needs which if they are into the sport they probably have.

- **Cycling** on turbo trainers / smart bikes.
- **Yoga** with an Olympian requiring Yoga kit or at least yoga mat.
- **Rowing Zoom Ergs** Rowing machine
- **Netball Drills and Thrills**
- **Hockey Chills Skills and Drills:**