



Strategy & Learning | Wellbeing | Creative Experiences

The Guild at The Old Foundry

Table of Contents

Welcome	2
Business and Leadership Development	4
Supplier Profile: Andreas Nest – Business Coach and Speaker	4
Keynote and Continuing Professional Development Talks	4
Workshops – Interactive team learning	5
Wellbeing and Team Resilience	6
Supplier Profile: Samantha Hardwick – Holistic Wellbeing and Mindset Coach	6
Wellbeing workshops and courses	6
Supplier Profile: Hands On Cookery School – Donna Henry	7
Team Building Cooking Challenge	7
Healthy Cooking for Corporate Wellness	7
Global Flavours Cooking Class	7
Supplier Profile: Kath Floyd – Style Sister	8
Style and Confidence Workshops	8
Makeup and Self Care Masterclasses	8
Workplace Style Audits	8
Creativity and Expression Workshops	9
Supplier Profile: ArtMakers CIC	9
Free Motion Embroidery – led by Wendy Greaves	9
Woodblock Printmaking – led by Merlyn Chesterman	9
Oil Painting for Beginners – led by Amy Jobes	9
Textile Techniques: Felt and Fabric Florals – led by Alison Nicholson	9
Watercolour and Sketch Walk Sessions – led by Clare Willcocks	9
Art and Leather Workshop Series – led by Rosie and Red	9
Team Building and Adventure	10
Supplier Profile: Skern Lodge – Outdoor Team Programmes	10
Supplier Profile: Ultimate Adventure Centre – High Energy Team Challenges	10
Supplier Profile: Indoor Golf Simulator – The Milky Way	10
Supplier Profile: Simon Henry, The Old Forge Bar	11
Cocktail Masterclass	11
The Foundry Podcast & Studio Experience	12
Who we work with	13
What our clients say	13
What Your Team Gains	13
Ready to plan your away day?	13



Welcome

At The Guild we design and host energising corporate experiences that leave your team more connected, more resilient and more focused. Based at The Old Foundry in Bideford, we bring together trusted partners in leadership, wellbeing, creativity and adventure to deliver memorable team days that work as hard as you do. All prices include VAT.

“Where business goals meet human connection”

No two days are the same: every Guild experience is crafted to meet your team's unique goals

About The Venue

- Flexible layouts: modular spaces for plenary sessions, breakout workshops and team meals
- Onsite catering and licensed bar
- Town centre location with nearby parking
- A creative hub with history, character and modern facilities

Benefits

- Build trust and improve communication
- Inspire innovation and align strategy
- Strengthen resilience and reduce stress related burnout
- Boost energy, focus and confidence back at work
- Save time – we handle planning, logistics and hosting for you



Sample itineraries

Half Day Onsite (09:30–12:30)

- Welcome coffee and introductions
- Focused workshop in leadership, wellbeing or creativity
- Reflection and next steps
- Optional working lunch

Full Day Hybrid (09:30–16:30)

- Morning: Strategy workshop with Action COACH
- Lunch: Seasonal catering at The Old Foundry
- Afternoon: Outdoor challenge with Skern Lodge / Ultimate Adventure or Indoor Golf Simulator at The Milky Way
- Wrap up: Drinks and networking at The Forge Bar

Hybrid days

Examples

Creative Strategy plus Outdoor Challenge

- Morning at The Old Foundry: Creative workshop with ArtMakers
- Lunch: Seasonal catering
- Afternoon Offsite: Coastal exploration with Skern Lodge

Wellbeing Reset plus Team Bonding

- Morning at The Old Foundry: Mindfulness and resilience session with Samantha Hardwick
- Lunch: Healthy cookery experience with Donna Henry
- Afternoon: Cocktail masterclass at The Forge Bar

Leadership plus Golf and Networking

- Morning at The Old Foundry: Strategic planning with Andreas Nest
- Lunch: Catered networking
- Afternoon: Indoor Golf Simulator at The Milky Way



Business and Leadership Development

Supplier Profile: Andreas Nest – Business Coach and Speaker



With a career spanning from startup to multinational turnarounds, Andreas Nest brings a blend of high-performance coaching, pragmatic leadership and powerful team transformation. Known for his energy, authenticity and results driven mindset, Andreas does not just talk business, he plays it, lives it and teaches others to thrive in it.

As an ActionCOACH accredited facilitator and successful entrepreneur, Andreas is an ideal speaker or trainer for company away days, Continuing Professional Development events or leadership offsites. He specialises in aligning purpose with profit, unlocking growth and inspiring real confidence in corporate and team settings.

Accreditations and endorsements

- ActionCOACH Certified Business Coach
- DISC Certified Practitioner
- Conversational Intelligence Certified Coach
- ActionCOACH Best Client Results 2025 award
- Full indemnity insurance held and available on request
- Testimonials: LinkedIn recommendations and ActionCOACH case studies

Find out more:

- Website: <https://andreasnest.actioncoach.co.uk>
- LinkedIn: <https://www.linkedin.com/in/andreasnest/>
- Facebook: https://www.facebook.com/andreasnestactioncoach/?locale=en_GB
- YouTube: <https://www.youtube.com/@andreasnest9610/videos>

Keynote and Continuing Professional Development Talks

£744 per group

45–60 minutes. Ideal for offsites, leadership development or Continuing Professional Development sessions.

- Setting Your Future – Clarify vision, values and mission for long term success
- Generating Cashflow – Leverage and marketing that converts
- Streetwise Marketing – Differentiate, attract and retain the right customers
- Win More Sales – Sales psychology and profitable relationships
- Build a Winning Team – Lead, inspire and retain high performance
- Systems and the 6 Steps – Work on the business via smart systemisation
- Outstanding Customer Service – Make every touchpoint memorable
- Master Your Finance – Demystify numbers for better decisions
- Business Value Builder – Grow enterprise value with an 8-step model
- The Entrepreneurial Mindset – Break limits and build a thriving business

12 Bridge Street Car Park, Bideford, Devon EX39 2BU
0345 1166 919 hello@theoldfoundryvenue.co.uk
www.theoldfoundryvenue.co.uk



Workshops – Interactive team learning

- **DISC Platinum Rule Workshop** – Communicate smarter, lead stronger. Includes pre session assessments.
 - Half Day: £744 per group
 - Full Day: £145 per person, minimum 10 participants
- **LEVERAGE Game Luncheon** – Play your way to business success. Hosted at The Old Foundry, this engaging board game-based lunch session introduces the fundamentals of successful business strategy in a hands-on, team-based format.
 - £52 per attendee including lunch
 - Max 30 participants
 - Guided gameplay with Andreas
- **GrowthCLUB: 90 Day Strategic Planning** – Plan with purpose. Lead with clarity. A one-day strategy workshop where teams set focused 90-day goals and build a practical action plan alongside other motivated leader.
 - Full day (09:30–16:30): £148 per person, minimum 10
 - Includes workbook, facilitation and take-home plan

Benefits:

Align purpose with profit, energise leadership and create measurable growth.



Wellbeing and Team Resilience

Supplier Profile: Samantha Hardwick – Holistic Wellbeing and Mindset Coach



Samantha is a multi-award-winning Holistic Wellbeing & Mindset Coach, Mindful Meditation Practitioner, EFT Master Trainer and Reiki Master Teacher. She supports individuals and teams to reduce stress, build resilience and reconnect with a sense of calm and clarity. Her sessions help people manage stress, overwhelm, improve focus and create sustainable habits for wellbeing.

Awards and credentials

- Mindset for Success Coach (IPHM), Sue Stone Foundation Coach
- Accredited EFT Master Trainer & Practitioner through EFT & Mindfulness Centre
- Reiki Master Teacher, Mindful Meditation Practitioner, Complementary Therapist
- Holistic Wellness Coach of the Year Devon 2024-25 - South West England Prestige Award
- Holistic Wellness Coach of the Year 2025 (South West) - Southern Enterprise Awards
- Holds Public & Product Liability Insurance

Find out more:

- Website: <https://www.samanthahardwick.com>
- Facebook: <https://www.facebook.com/samanthahardwickcoach>
- Instagram: https://www.instagram.com/samantha_hardwick/
- LinkedIn: <https://www.linkedin.com/in/samantha-hardwick-ba927917/>
- YouTube: <https://www.youtube.com/channel/UCSKbGfZOmucDU6hWYhBUwOg>

Wellbeing workshops and courses

- Workshops and Talks (1 ½ hours) – Stress management, resilience, mindset.
- Meditation and Mindfulness (1 ½ hours) – Guided practice for focus and calm.
- Wellbeing Retreat Days (half or full day) – Meditation, EFT, reflective practices and activities. Per group.
- Bespoke Programmes – Custom wellbeing support for organisations.

Pricing

- Talks (1 ½ hours): from £197 per group of 15, larger group £255
- Half Day (up to 3 hours): from £504 per group, up to 25 participants
- Full Day (up to 6 hours): from £780 per group, up to 25 participants

Sessions are trauma-informed and combine practical strategies with holistic techniques.

Benefits:

Reduce stress, improve resilience and embed sustainable healthy habits in your teams:

- Reduce workplace stress and prevent burnout
- Enhance team resilience and adaptability in times of change
- Improve focus, productivity and problem-solving
- Support nervous system regulation for sustained performance
- Build lasting wellbeing habits that strengthen workplace culture



Supplier Profile: Hands On Cookery School – Donna Henry



Donna Henry brings years of professional chef experience together with a unique passion for teaching in a way that inspires confidence, creativity, and collaboration. At Hands On Cookery School she has developed a distinctive approach where participants step into the roles of a real chef brigade, working side by side in a supportive, fast-paced and enjoyable environment.

Her corporate cookery experiences are designed to do more than teach recipes.

Donna uses the kitchen as a powerful setting for building communication, leadership and problem-solving skills. By guiding teams through hands-on challenges, she helps people discover new ways of working together, embrace creativity under pressure, and share in the satisfaction of a meal they have created as a group.

Team Building Cooking Challenge

- £95 per person
- Max group of 12
- Fast paced cooking showdown using a surprise theme and ingredients, under time pressure
- Includes light breakfast, guided workshop and lunch
- Ideal for team bonding, creative thinking and leadership development

Healthy Cooking for Corporate Wellness

- £95 per person
- Max group of 12
- Create simple, nutritious meals that support energy, focus and wellbeing
- Includes light breakfast, guided workshop and lunch
- Ideal for workplace wellness programmes and health focused staff training

Global Flavours Cooking Class

- £95 per person
- Max group of 12
- Explore Thai, Italian, Mexican and more while working together to prepare a shared meal
- Includes light breakfast, interactive workshop and lunch
- Ideal for team building, cultural awareness and inclusion events

Benefits:

Foster collaboration, creativity and confidence through shared cookery experiences.



Supplier Profile: Kath Floyd – Style Sister



Kath Floyd is the founder of Style Sister, a qualified Style Coach™ and makeup artist. She specialises in helping individuals and teams discover their unique style, build confidence, and present themselves authentically in both professional and social settings. Her workshops are uplifting, practical and designed to bring out the best in people, whether through colour and style analysis, makeup skills, or workplace presentation coach

Find out more: [Website](#)

Workshops and courses

Style and Confidence Workshops

Discover personal style, body shape, and colour confidence.

Makeup and Self Care Masterclasses

Practical, confidence boosting skills for individuals and groups.

Workplace Style Audits

Team based dress code and presentation coaching.

Pricing

- Half Day (approx. 3 hours): from £420 per group, up to 12 participants
- Full Day (up to 6 hours): from £720 per group, up to 12 participants

Benefits:

Improved confidence, stronger personal presentation, and an enhanced sense of self-expression for individuals and teams.



Creativity and Expression Workshops

Supplier Profile: ArtMakers CIC

ART
MAKERS

The New Atlantic Wave* comes to life through these curated artist workshops. Workshops hosted by professional artists from the ArtMakers network, with options for team days, one -off events or Continuing Professional Development style creative breaks. Workshops are available onsite at The Old Foundry. Materials included unless stated otherwise. Find out more:

<https://www.artmakers.uk>

Free Motion Embroidery – led by Wendy Greaves

- 3 hours Capacity 3–6
- £65 per person
- Create stitched artworks using water soluble fabric and free motion techniques

Woodblock Printmaking – led by Merlyn Chesterman

- 2–6 hours Capacity 1–10
- From £295 per group plus £12 per person materials
- Learn timeless techniques with a Royal Society printmaker and produce a striking print

Oil Painting for Beginners – led by Amy Jobes

- 2- or 4-hours Capacity 5–10
- £30–£80 per person
- Relaxed landscape oil painting with all materials and refreshments included

Textile Techniques: Felt and Fabric Florals – led by Alison Nicholson

- 3 hours Capacity 4–6
- £38 per person
- Explore stitch, felt and wire to create expressive florals

Watercolour and Sketch Walk Sessions – led by Clare Willcocks

- 2–5 hours Capacity 6–18
- From £38 per person
- Choose from Sip and Paint socials, structured classes or a guided sketch walk
- Bonus: Live Event Illustration – unique 10-minute portraits

Art and Leather Workshop Series – led by Rosie and Red

- 45 minutes to full day
- Capacity: Art 4–8, Leather 1–5
- From £12 per person to £200 per person - full day
- Heritage skills and creative play: contact printing, illustration, key fobs and more

Benefits:

Unlock creativity, inspire problem solving and strengthen teamwork through artist led practice.

12 Bridge Street Car Park, Bideford, Devon EX39 2BU
0345 1166 919 hello@theoldfoundryvenue.co.uk
www.theoldfoundryvenue.co.uk



Team Building and Adventure

Supplier Profile: Skern Lodge – Outdoor Team Programmes



Find out more: <https://www.skernlodge.co.uk>

High impact team challenges, coastal adventures and confidence courses. Options include kayaking, archery, coastal exploration and high ropes.

Pricing on request, typically group based, minimum 8 participants

Benefits: Strengthen communication, build trust, develop resilience

Supplier Profile: Ultimate Adventure Centre – High Energy Team Challenges



Find out more: <https://www.ultimateadventurecentre.com>

35-acre activity hub near Bideford with over 15 activities including SUP, coasteering, climbing and high ropes.

- Multi Activity Day Pass from £24.95 per person
- Custom packages available on request

Benefits: Energise teams, boost morale, encourage adaptability

Supplier Profile: Indoor Golf Simulator – The Milky Way

Find out more: <https://www.themilkyway.co.uk>

A private, weatherproof simulator suite with realistic play and team competition formats.

Features

- Play more than 200 world class courses
- Realistic turf types for fairway, rough and bunker; auto tee
- Swing analytics including club speed, ball speed, spin, distance and trajectory
- Suits beginners and experienced players; left and right-handed friendly

How it works

- Hourly hire for groups; up to 6 players at a time
- Formats include course play, nearest the pin, longest drive and driving range

Pricing

- Group based hourly rates available on request

Benefits: Encourage healthy competition, sharpen focus and create a memorable shared experience



Supplier Profile: Simon Henry, The Old Forge Bar



Simon runs The Old Forge Bar at The Old Foundry Venue and is your resident flavour-first cocktail nerd. With a background in hospitality and a knack for putting people at ease, he blends classic technique with a playful, modern twist. Whether designing a bespoke drinks menu, shaking up a signature serve, or teaching first-timers how to nail the perfect balance, Simon is all about great taste without the fuss.

Known for his calm hosting style and eye for detail, Simon makes every session an inspiring mix of story, technique and taste, demystifying mixology and turning every drink into a shared experience worth remembering.

Cocktail Masterclass

Pricing

- Mon–Thu: £39 per person
- Fri–Sun: £45 per person
- Minimum event charge: £450 applies to smaller groups
- For 9–12 guests, a support host is included at no extra cost

Popular Add-ons

- Third cocktail: +£8 per person
- Premium spirit upgrade: +£3 per person
- Grazing boards or canapés: from £8–£12 per person
- Zero ABV only group: –£3 per person

Benefits:

Perfect for light-hearted learning, relaxed connection, and a splash of competition



The Foundry Podcast & Studio Experience

Creative & Communication Experience or Content, Storytelling & Voice

Led by Simon Henry



Bring your ideas to life in The Foundry's new audio and video studio — a professional space for storytelling, communication, and creativity. Guided by Simon Henry, your team will plan, record, and produce content that captures authentic voices and fresh perspectives. Learn the essentials of on-air presence, sound, lighting, and storytelling as you record your first podcast or video episode.

We can tailor ongoing series support, from scripting and coaching to editing and publishing.

Combine your session with **on-camera confidence coaching with Kath Floyd** or a **Creative Storytelling workshop** to elevate your message and impact.

The Foundry Podcast Experience

Led by Simon Henry

Step into The Foundry's new creative space — our fully equipped **Podcast Studio**, designed for teams, leaders, and creatives who want to explore their voice, share ideas, or launch a branded series.

Under the expert guidance of **Simon Henry**, teams can plan, record, and produce professional-quality podcasts that capture authentic conversations and thought leadership.

We'll help you shape your idea, plan your episode or series, and guide you through the technical and creative process, from script development to recording and post-production.

Ideal for:

- Leadership teams exploring communication and storytelling
- Organisations building internal or external podcasts
- Creative professionals looking to share their expertise or brand story

Your First Session Includes:

- Introduction to podcast storytelling and formats
- Studio induction and soundcheck
- Guided recording of your first episode or pilot
- Optional collaboration with other Guild members (e.g., **Kath Floyd** for personal presentation, voice confidence, and on-air presence)

Tailored Series Support Available:

We can help you develop a full podcast series — from concept to publishing — with coaching, scripting, and editing support built in

Optional Add-Ons / Hybrids

- **Podcast + Personal Branding** — with **Kath Floyd**, focusing on presence, voice, and confidence.
- **Podcast + Creativity Workshop** — link the storytelling aspect to other Guild makers.
- **Podcast + Wellbeing Reset** — a reflective day combining conversation and creative restoration.



Who we work with

- NHS and healthcare groups
- Tech and digital teams
- Creative agencies
- Local government and education
- Hospitality and service sector leaders

What our clients say

“Our team left with clear goals, renewed energy and real momentum. The Guild made it easy to achieve what we needed.” — HR Director, National Health organisation

“The combination of creative workshops and outdoor adventure gave our team fresh perspective and stronger bonds.” — Team Manager, Digital Agency

What Your Team Gains

- Boost employee engagement and morale
- Support leadership development and strategic planning
- Reduce planning admin with hosted, end to end service
- Aligns with corporate wellbeing and Learning and Development goals

Ready to plan your away day?

Let's bring your next team day to life. Get in touch and we'll build your bespoke experience
One call. One plan. We handle the rest.

hello@theoldfoundryvenue.co.uk

0345 1166919

07967 814919 (Donna)

07725 954824 (Simon)

www.theoldfoundryvenue.co.uk