FOREST THERAPY WITH JOËLLE ILAND

PROVINCE OF LIEGE



- ✓ TEAM COHESION
- ✓ RECONNECTING WITH NATURE
- ✓ CREATIVITY
- ✓ WELL-BEING AT WORK
- ✓ FOREST BATHING







Convention Bureau · MICE Liège-Spa
+32 (0)4 279 50 89 • info@miceliegespa.be • miceliegespa.be
*Meetings Incentives Congress & Events

Province de Liège

In a working life often driven by performance and profitability, why not offer your employees an experience centred around 'forest bathing'? With 20 years' experience in corporate coaching and training, Joëlle Iland designs bespoke immersions in the heart of nature, combining forest therapy, mindful breathing and sensory walking.

These shared moments strengthen team cohesion, develop emotional and collective intelligence, and provide practical tools for better stress management and the long-term promotion of well-being at work.







Convention Bureau · MICE Liège-Spa
+32 (0)4 279 50 89 • info@miceliegespa.be • miceliegespa.be
*Meetings Incentives Congress & Events

Province de Liège