

Your expert!



**PERLA SOFÍA
CURBELO-SANTIAGO:**

Certified in Horticulture Therapy, Book
Author & Founder of Agrochic.com

Imagine a workplace where your team feels rejuvenated, open to discussion, and genuinely curious about each other.

The **#GardenBreak Experience** offers a nature-inspired, hands-on session that fosters collaboration, creativity, and community.

How do we do that?

Through a **professionally guided** and interactive gardening project, your team will learn how nurturing plants mirrors self-care, while developing problem-solving skills in a fun and relaxed environment.

Participants will leave feeling proud, engaged, and eager to learn more—creating a positive ripple effect in their day-to-day work.

Why choose a 'garden break' experience?

Because investing in your team's well-being means investing in a workplace filled with energy, collaboration, and fresh ideas, whether you're looking to boost morale, inspire creativity, or simply offer a fun break, this unique experience will strengthen bonds and create lasting memories that employees can take with them beyond the office.

Benefits of a Nature-Based Wellbeing Experience:

- ✔ Enhances mental and physical health
- ✔ Reduces absenteeism and presenteeism
- ✔ Strengthens team bonding and communication
- ✔ Boosts morale and job satisfaction
- ✔ Helps attract and retain top talent
- ✔ Increases productivity
- ✔ Fosters innovation and creative problem-solving

**Give your team a
GARDEN
BREAK**



Transform your team dynamics with a nature-based experience

**CRAFTED BY
AGROCHIC**

We do online & soil-less experiences!

OUR BUNDLES:

✔ “Rooting for the Team”

Seasonal-themed terrarium experience: 40-minute session (All materials included).
PDF document: How to take care of the terrarium. Plus, a **15-minute presentation**.

✔ “Bloom & Balance”

Everything in the “Rooting for the Team” Bundle plus:
45-minute presentation: Targeted for Owners/HR leadership (A different day of the experience). **Garden Break cards and door hangers** (Materials to promote relaxation).

✔ “Growing Success”

Everything in the “Bloom & Balance” Bundle plus:
Garden Break planner: A tool to help organize and implement Garden Break activities; **1 Hour- Consultation with Perla Sofía Curbelo-Santiago:** Planning Nature-Based Events in the New Year for the Workplace Wellbeing (Post Experience).

BOOK YOUR #GARDENBREAK TODAY!



Email: perlasofia@agrochic.com
Visit: agrochic.com/garden-break
Text or call: 787.379.3343



Tips for planning a great #GardenBreak Experience for your team:

- ✔ Define your team’s needs: enhancing collaboration, boosting morale, or just a seasonal break
- ✔ Tailor the experience to align with your team’s preferences and company culture
- ✔ Book your #GardenBreak early to ensure availability and give your team a unique gift
- ✔ Choose a location with access to natural light or outdoor areas to enhance the reenergized effects
- ✔ Contact us for personalized guidance in designing the perfect #GardenBreak for your team