



LET'S EAT

Exchange Authentic Thoughts

Fostering togetherness, one honest conversation at a time



WHAT IS EAT?

EAT is a wellness focused experience designed to bring people together to connect, exchange, learn & refresh.





WHO'S EAT FOR?

*Leaders * Executives * Communities*

looking for ways to connect with
others and have meaningful
conversation over a nutritious meal.



HOW DOES THE **EAT** EXPERIENCE LOOK?

Mocktails & Registration

Welcome & Meditation

Meal Served

Conversation Begins

Wrap Up

Network & Takeaway





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EAT is more than just a meal; it's a journey toward building a supportive community and enhancing overall well-being—one honest conversation at a time.

People come together at the dining table for a distinctive experience. We encourage participants to take a break from the demands of daily life and disconnect from digital media.

Engage in meaningful conversations with like-minded individuals, sparked by a curated series of questions that catalyze genuine connections. Guests relish a nutrient-dense meal while engaging in open and honest discussions, cultivating a sense of togetherness. After dinner, participants can expand their connections during networking sessions.



How you can use the experience

TEAM BUILDING | COMMUNITY ENGAGEMENT |
PROFESSIONAL DEVELOPMENT

Tailor the experience to fit your specific requirements. **EAT** provides an innovative solution for your professional development and community-building needs. It presents an opportunity to cultivate healthy skills that contribute to personal and professional well-being.



WHY EAT?

Learn Healthy Habits:
Personal & Professional

Explore New Ways of Thinking

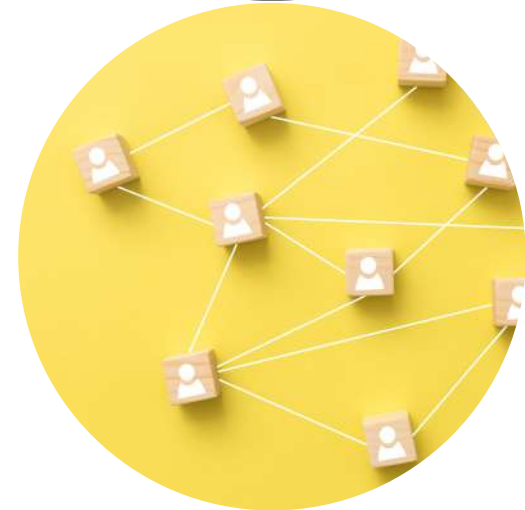
Renew Motivation & Inspiration

Expand Network & Connections

Strengthen Relationships

Customize Trainings & Workshops

Gain Valuable Feedback





ARE YOU READY TO EAT?

Contact:

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