

An abstract watercolor splash in various colors including purple, blue, green, yellow, and orange, radiating from the center of the page.

MINDFUL

MEETINGS

BY MERCURE HOTELS

INSPIRATION | PRODUCTIVITY | PEACE OF MIND

MERCURE BRISBANE

INTRODUCTION

MINDFUL MEETINGS IS A NEW SIGNATURE OFFERING FROM MERCURE HOTELS, INTRODUCING HEALTH, WELLBEING AND SUSTAINABILITY INTO MEETING PACKAGES

This new offering is designed to deliver richer meeting experiences so you get better outcomes and have more fun along way.





INTRODUCTION

Keeping people engaged and inspired during meetings or conferences can be hard. Mercure's Mindful Meetings packages remove the hard work for you. Spaces are dressed to inspire collaboration, food has been created to promote concentration and a suite of interventions have been designed to ensure the energy of your delegates is maintained throughout the day.

If you're looking for a whole new meeting or conference experience, Mindful Meetings will help inspire your delegates and drive meaningful results.

Depending on your objectives we can tailor your particular experience or you can pick and choose from our suite of services.



MINDFUL MEETINGS BY MERCURE HOTELS ARE
CARBON NEUTRAL WITH A COMMITMENT TO MAKING
THE WORLD A BETTER PLACE THROUGH OUR
PLANET 21 PROGRAM.
TO FIND OUT MORE VISIT WWW.MERCURE.COM

- Your Mindful Meeting will be carbon neutral
- Greenhouse gases produced during the meeting are offset by funding renewable energy sources through the Carbon Reduction Institute
- We fund the cost of the offsets and do not pass them on to you
- Our hotel follows AccorHotels global environmental charter with 21 priority actions identified to reduce energy and water consumption and improve waste management and recycling





MINDSPACES

MERCURE MINDFUL MEETING ROOMS



MERCURE MINDFUL MEETING ROOMS

WE UNDERSTAND THAT THE SPACE AROUND
YOU NOT ONLY AFFECTS HOW YOU FEEL BUT
ALSO HOW WELL YOU CONCENTRATE

Our meeting spaces are styled to cultivate attention and inspiration
so you can get the best results.

OUR ROOMS INCLUDE

- Indoor plants that help to lower stress and improve indoor air quality
- Room arrangements designed to facilitate collaboration
- Access to natural light and fresh air where possible
- Reusable water jugs that minimise the need for unnecessary packaging
- Room diffusers to facilitate a calm and relaxed environment





FOOD FOR THOUGHT

[INTRODUCTION](#) [CARBON NEUTRAL MEETINGS](#) [MINDSPACES](#) **[FOOD FOR THOUGHT](#)** [MEETING PACKAGES](#) [THE PROBLEM BUSTER](#) [THE TEAM BUILDER](#) [THE MEMORY BANK](#) [OUR EXPERTS](#)

[HOTEL FACILITIES](#) [PERSONAL SERVICE](#) [HOTEL FACILITIES](#) [ROOM FACILITIES](#) [EVENT FACILITIES](#) [FLOOR PLANS](#) [CAPACITY CHART](#) [AUDIO VISUAL & STAGING SERVICES](#) [CONTACT](#)



WHAT YOU EAT AND WHEN YOU EAT IT CAN AFFECT HOW ATTENTIVE YOU ARE AND YOUR LEVEL OF CONTRIBUTION

Mindful Meetings offer a mouth-watering menu designed by qualified nutritionist and health writer **Michele Chevalley Hedge**, founder of *A Healthy View* (www.ahhealthyview.com.au).

The meal choices are made with clean, whole food ingredients that are consciously created using only natural sugar or low sugar choices to not only delight but also ensure your delegates keep alert and productive throughout the day.

A message from Michele Chevalley Hedge, qualified nutritionist and founder of *A Healthy View* (www.ahealthyview.com.au):

“I have loved creating this menu for Mercure Mindful Meetings groups. My hope is that it is the start for many people to see that healthy food can be so tasty that they cannot believe it is good for you. Our philosophy is to add in delicious ingredients so that people will forget the mood altering, blood swinging sugary foods of the past.”

To find out more about Michele and her approach to wellness, please see the [ABOUT OUR EXPERTS](#) section.



SAMPLE MENU

BREAKFAST

Zucchini corn fritters
Breakfast quinoa
Buckwheat pancake
Eggs cooked to order served
with spinach, mushrooms, roast
tomato and wholegrain breads



MORNING TEA

Superfood banana bread
Chia pudding shot
Fruit smoothie shots
Carrot juice shots with a mini
coconut or banana muffin
Platter of seasonal fruit



LUNCH

Hearty lentil soup
Zesty veggie chilli
Fantastic fish parcels
Easy salmon cakes
Healthy sandwiches
Seasonal vegetables and fennel
frittata
Seasonal soup special

*All served with a green salad
or green vegetable option*



AFTERNOON TEA

Chocolately bliss balls
Nuts and dried fruit
Crudités and superfood dips:
beetroot, carrot hummus
and guacamole



The above menu has been curated and photos have been supplied courtesy of Michele Chevalley Hedge, Low Sugar Lifestyle program (www.ahealthyview.com.au).

DINNER ENTRÉE

Greek meatballs served on baby roast tomatoes

Rocket, pear and walnut salad

Salad of grilled prawns on baby greens sprinkled with sesame seeds

Smoked chicken breast with tabbouleh, avocado and micro greens

Vegetable stack

Mixed leaf salad with balsamic glaze

Beef carpaccio pearl barley blood orange roquette and lemon myrtle dressing



DINNER MAIN

Simple five spice salmon served with basmati rice or quinoa

Lamb shank on a bed of sweet potato mash

Coriander fish with low GI basmati rice

Prawn pumpkin and pea risotto

Portabello pork served with basmati rice or quinoa

Grass fed beef sirloin with sweet potatoes, baby carrots, broccoli and a red wine jus

All served with a green salad or green vegetable option



DESSERT

Cheese platter with lavosh and seasonal fruit

Bowl of seasonal fruits



DRINKS

Veggie juices

Assortment of tea and coffee

Sparkling, mineral waters infused with fruit

Iced herbal teas

Bancroft Bridge wines

XXXX Gold
Hahn Super Dry
James Boags



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ALL MINDFUL MEETINGS CONFERENCE PACKAGES INCLUDE THE FOLLOWING

FROM \$64 PER PERSON

ON ARRIVAL

Freshly brewed coffee and selection of Dilmah Exceptional Teas

MORNING TEA

Freshly brewed coffee and selection of Dilmah Exceptional Teas with Chef's choice of 2 items per person

LUNCH

Chef's daily gourmet buffet lunch

A minimum of 10 delegates is required for all conference packages.

A minimum of 20 guests is required for Chef's daily gourmet buffet.

All groups with less than 20 guests attending will be served platter style lunch in the restaurant or working style outside the meeting room.

Photos have been supplied courtesy of Michele Chevalley Hedge, Low Sugar Lifestyle program (www.ahealthyview.com.au).

AFTERNOON TEA

Freshly brewed coffee and selection of Dilmah Exceptional Teas with Chef's choice of 2 items per person

YOUR ROOM

Iced water and savoury nut mix





MINDFUL MEETINGS PACKAGES

[INTRODUCTION](#) [CARBON NEUTRAL MEETINGS](#) [MINDSPACES](#) [FOOD FOR THOUGHT](#) **[MEETING PACKAGES](#)** [THE PROBLEM BUSTER](#) [THE TEAM BUILDER](#) [THE MEMORY BANK](#) [OUR EXPERTS](#)

[HOTEL FACILITIES](#) [PERSONAL SERVICE](#) [HOTEL FACILITIES](#) [ROOM FACILITIES](#) [EVENT FACILITIES](#) [FLOOR PLANS](#) [CAPACITY CHART](#) [AUDIO VISUAL & STAGING SERVICES](#) [CONTACT](#)

MINDFUL MEETINGS PACKAGES

YOU CAN BUILD YOUR OWN PROGRAM OR CHOOSE FROM SOME OF OUR PRE-DESIGNED PACKAGES TAILORED TO PARTICULAR OUTCOMES. OUR PRE-DESIGNED PACKAGES ARE AS FOLLOWS:




THE PROBLEM BUSTER

HAVE A MAJOR PROBLEM YOU
WANT TO SOLVE? NEED A SPACE
FOR CREATIVE IDEATION?




THE TEAM BUILDER

HAVE A NEW TEAM THAT NEEDS
TO FEEL MORE CONNECTED OR
WANT TO BUILD MORE ENERGY
INTO YOUR EXISTING TEAM?



THE MEMORY BANK

NEED YOUR TEAM TO KEEP
ALERT AND RECEPTIVE WHILE
DOWNLOADING CRITICAL
NEW INFORMATION?





THE PROBLEM BUSTER

HAVE A MAJOR PROBLEM YOU WANT
TO SOLVE? NEED A SPACE FOR CREATIVE
IDEATION?

The Problem Buster package is designed to give you the tools
and the space to get those ideas rolling so you can focus on achieving
that elusive breakthrough.



THE PROBLEM BUSTER INCLUSIONS

The Problem Buster package includes the standard catering package plus virtual sessions played in the meeting room at a time of your choosing:

- 1 x 3 minute meditation – Mindfulness for Creative Thinking (Open)
To assist with changing your perspective and to start thinking outside the box
- 1 x 15 minute self-massage and self-acupressure session
Designed to get the blood flowing, enhance brain function and energy renewal
- 1 x 7 minute meditation – Mindfulness for Creative Thinking (Positive)
To encourage broader thinking and boost creativity

FROM \$64 PER PERSON

Mindfulness exercises provided by Frontier Wellbeing (www.frontierwellbeing.com).

The exercises can also be delivered in person; please see the [RECOMMENDED ADD-ONS](#) page.

PROBLEM BUSTER RECOMMENDED ENERGY BOOSTER ACTIVITIES

Activity	Where	Price (ex. GST)	Duration
Change State Icebreakers – DIY or BC Facilitator: Catch Grab to kick start the day Make it Rain after lunch Square, Triangle, Circle in the afternoon – all these activities will change participants state to allow them to focus on the next session, be mindful and stay engaged throughout the day.	Inside / Outside	DIY – \$15 per person BC Facilitator – Starting from \$1,500	3 x 10 min
CSI – BC Facilitator: Crime Solvers International (CSI) turns teams into detectives who have to solve a complex crime. This is much more than just a fun 'murder mystery'; to succeed the teams will need to work well together to problem solve a variety of issues that are introduced against an ever-increasing background of time pressure and deadlines. View preview here – http://bechallenged.com.au/csi.html	Inside	BC Facilitator – Starting from \$1,500	1–2.5 hrs
Team Opp – BC Facilitator: Assessing and evaluating risk versus reward is an important part of not only business but life in general. In this program teams are placed in a position where they will have to identify certain levels of risk in accordance with their teams predetermined strategies and objectives. Each team member will need to understand and believe in each other in order to be winner on the day! View preview here – http://bechallenged.com.au/team-opportunity.html	Inside / Outside	BC Facilitator – Starting from \$1,500	1–2.5 hrs
We Can Do – BC Facilitator: This inspiring introduction to the rudiments of karate is an ideal energiser, a short cardiovascular work out that's been tailored specifically for corporate audiences. Karate improves general well being whilst encouraging assertiveness and self-confidence. View preview here – http://bechallenged.com.au/we-can-do.html	Inside / Outside	BC Facilitator – \$25 per person	20–30 mins

All Energy Booster activities have been provided from BeChallenged (BC), part of Catalyst Global Team Building – www.bechallenged.com.au. All prices are GST exclusive.

PROBLEM BUSTER RECOMMENDED ENERGY BOOSTER ACTIVITIES

Activity	Where	Price (ex. GST)	Duration
Need 4 Speed – DIY or BC Facilitator: Faced with a jumble of model components teams must switch into overdrive to assemble a range of 'snap together' concept cars in record time. Optimising flow is critical to success as teams are challenged to form ultra efficient assembly lines and shave seconds off successive build times. View preview here – http://bechallenged.com.au/need-4-speed.html	Inside / Outside	DIY – \$25 per person BC Facilitator – Starting from \$1,500	30–60 mins
Rat Trap – BC Facilitator: Imagine the atmosphere as your team enters a toyshop full of giant sized construction pieces – a set of metal and plastic components, parts, nuts and bolts, ready to be made into mechanical models! The objective is to build a series of large contraptions which, when placed in the right sequence, perform an amazing chain reaction of events where each device triggers the next in an ingenious way. View preview here – http://bechallenged.com.au/rat-trap.html	Inside / Outside	BC Facilitator – Starting from \$1,500	1–2 hrs
Trust or Bust – BC Facilitator: The ability to identify both truth and deception allows you to build better business relationships based on trust and confidence in others. It helps in any decision making process which involves other people and leads to a competitive business advantage. This sophisticated business simulation provides the bedrock for understanding trust, fundamental to corporate social responsibility. Encourage your staff towards better communication with Trust or Bust! View preview here – http://bechallenged.com.au/trust-or-bust.html	Inside	BC Facilitator – Starting from \$1,500	1.5–2.5 hrs

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ADDITIONAL RECOMMENDED ADD-ONS FOR THE PROBLEM BUSTER

Add-On	Company	Price (ex. GST)	Duration
Yoga: Group yoga and meditation sessions to clear the mind and renew energy in your meeting. View preview here – https://www.youtube.com/watch?v=0eTOBC-EGiw	Workplace Yoga www.workplaceyoga.com.au	\$160 per hour*	1 hr
Mindfulness Exercise – Mindfulness for Creative Thinking (Open): This mindfulness session supports participants to broaden their minds by activating the extrospective part of the brain, engaging all of their senses to expand their thinking and ultimately encourage creativity.	Frontier Wellbeing www.frontierwellbeing.com	From \$300*	From 30 mins
Mindfulness Exercise – Mindfulness for Creative Thinking (Positive): In this session participants will be introduced to a mindfulness practice that rewires the brain for improved positivity and better ideation.	Frontier Wellbeing www.frontierwellbeing.com	From \$300*	From 30 mins
Mindfulness Exercise – Mindfulness for Creative Thinking (Present): This mindfulness session supports participants to broaden their minds by activating the extrospective part of the brain, engaging all of their senses to expand their thinking and ultimately encourage creativity.	Frontier Wellbeing www.frontierwellbeing.com	From \$300*	From 30 mins
A Meditation Makeover: Have fun and learn a repertoire of simple, powerful techniques and practical strategies which will help you to focus, get clarity of mind, remain calm and get more out of each day.	Business is Bliss www.businessisbliss.com.au	\$400*	1 hr

* Plus travel and accommodation if outside Sydney (except Workplace Yoga sessions; available in all Australian capital cities and some regional centres).

ADDITIONAL RECOMMENDED ADD-ONS FOR THE PROBLEM BUSTER

Add-On	Company	Price (ex. GST)	Duration
Nutrition Presentation / Workshop – Vitality, Energy and Productivity – It’s All in Your Food: An educational, interactive opportunity to find out how to avoid afternoon slumps, brain fog, mood swings and other energy zappers. Michele Chevalley Hedge shares her evidence based knowledge and her past experiences as a busy executive at Microsoft.	Michele Chevalley Hedge www.ahealthyview.com.au	\$1,500*	1 hr 15 mins
Nutrition Presentation / Workshop – Eat Your Way to Happiness: This entertaining, interactive presentation will discuss how to increase our happy hormones just with the simple act of eating. Michele Chevalley Hedge discusses the World Health Organisation’s new advice on sugar, cancer and how to get more serotonin from our food.	Michele Chevalley Hedge www.ahealthyview.com.au	\$1,500*	1 hr 15 mins
Nutrition Presentation / Workshop: Brain Clarity – Start by Feeding Your Brain: With an alarming rate of mental health issues occurring in the workplace, Michele sheds light on how to reduce mental health risk factors in a candid, humorous, educational way. 10 ways to improve overworked brains and reduce brain fog, anxiety, depression, ADHD and other cognitive concerns.	Michele Chevalley Hedge www.ahealthyview.com.au	\$1,500*	1 hr 15 mins
Nutrition Keynote Presentation – Productive, Present, Purposeful Employee: Who is looking after you? Michele Chevalley Hedge, qualified nutritionist, discusses how to keep the key assets of your business – ‘the employee’ – mentally, physically and emotionally happy.	Michele Chevalley Hedge www.ahealthyview.com.au	\$500* in conjunction with any other presentation/ workshop	45 mins

* Plus travel and accommodation if outside Sydney.

ADDITIONAL RECOMMENDED ADD-ONS FOR THE PROBLEM BUSTER

Add-On	Company	Price (ex. GST)	Duration
Workshop – The Brain Optimiser: Stress has proven to have a hugely detrimental effect on the brain's ability to function at its optimum. The solution to every problem is found in being creative and adaptable. In this session you will learn about the brain and how to optimise its capabilities to solve all your problems.	Tom Cronin www.tomcronin.com	\$2,000*	1 hr^
Workshop – How to Make Up Your Mind: Big and small, life is full of decisions. Whether you find yourself dithering in the supermarket, or know you're putting off an important life choice, this session tackles the matter of making up your mind and putting different decision making techniques to the test to see what works for you.	The School of Life www.theschooloflife.com/melbourne/	\$3,500# (1–40 delegates) \$6,000# (40–120 delegates)	3 hrs
Workshop – How to be Creative: Why do we let ourselves be inhibited by the old myth that creativity is a rare gift? How can we reclaim our creative potential? This workshop is devised to help us gain practical techniques for improving our creativity through experimentation and open discussion.	The School of Life www.theschooloflife.com/melbourne/	\$3,500# (1–40 delegates) \$6,000# (40–120 delegates)	3 hrs
Workshop – How to be a Good Leader: Good leadership shows strength and conviction but also amplifies our weaknesses and insecurities. This workshop focuses on how to leverage this knowledge to focus on developing an authentic leadership style that inspires commitment and gets results.	The School of Life www.theschooloflife.com/melbourne/	\$3,500# (1–40 delegates) \$6,000# (40–120 delegates)	3 hrs

* Plus travel and accommodation if outside Sydney.

^ Option to add additional sessions. Please ask for a quote.

Plus travel and accommodation if outside Sydney, Melbourne or Perth.

ADDITIONAL RECOMMENDED ADD-ONS FOR THE PROBLEM BUSTER

Add-On	Company	Price (ex. GST)	Duration
Complete Meeting Facilitation: Feeling Curious? We at Curious Collective implement innovation by doing and learning together. We are expert facilitators who run workshops based on immersive, practical and value-generating activities so you can achieve great outcomes from your meeting.	Curious Collective www.curiouscollective.com.au	\$4,000# (per full day) \$2,500# (per half day)	Full day (8 hours) Half day (5 hours)

Plus travel and accommodation if outside Sydney, Melbourne or Perth.



THE TEAM BUILDER

HAVE A NEW TEAM THAT NEEDS TO FEEL
MORE CONNECTED OR WANT TO BUILD MORE
ENERGY INTO YOUR EXISTING TEAM?

The Team Builder combines the essentials needed for the most positive team engagement experience so that by the end of the day everyone feels like they've known each other for years.



THE TEAM BUILDER INCLUSIONS

The Team Builder package includes the standard catering package plus virtual sessions played in the meeting room at a time of your choosing:

- 1 x 7 minute meditation – Mindfulness for Connectivity
To create a positive setting for team bonding based on mutual trust, empathy and encouragement
- 1 x 15 minute self-massage and self-acupressure session
Designed to get the blood flowing, enhance brain function and energy renewal
- 1 x 9 minute meditation – Mindfulness for Energy Renewal
To awaken the senses and renew energy so you can process information more effectively

FROM \$64 PER PERSON

Mindfulness exercises provided by Frontier Wellbeing (www.frontierwellbeing.com). The exercises can also be delivered in person; please see the [RECOMMENDED ADD-ON'S](#) page.

TEAM BUILDER RECOMMENDED ENERGY BOOSTER ACTIVITIES

Activity	Where	Price (ex. GST)	Duration
Boom Time – DIY or BC Facilitator: Boom Time is a quick, cost effective, creative and fun way to energise and motivate your staff to ensure they are ready and raring to go for the rest of the day. View preview here – http://bechallenged.com.au/boomtime.html	Inside	DIY – \$15 per person BC Facilitator – Starting from \$1,500	20–30 min
Laughter Workshop – BC Facilitator: Remove the stigma that if you hear laughter in the workplace then apparently we aren't working hard enough. Increase laughter in the workplace and watch the bottom line follow. Learn about how to bring laughter back and the science behind its importance.	Inside	BC Facilitator – Starting from \$1,500	30–60 mins
Mexican Railway – DIY or BC Facilitator: This terrific icebreaker translates cooperative thinking into a spirited breakout session of competition and creative craftsmanship. Teams work together to assemble an intricate railway system to compete against each other in a test of time management, ingenuity and communication. View preview here – http://bechallenged.com.au/mexican-railway.html	Inside / Outside	DIY – \$15 per person BC Facilitator – Starting from \$1,500	30–90 mins
Domino Effect – DIY or BC Facilitator: In The Domino Effect teams will be required to build a large Domino sculpture, made up of various apparatus and following some specific guidelines. Definitely harder than it sounds and requires planning, prototyping and clear communication. View preview here – http://bechallenged.com.au/the-domino-effect.html	Inside	DIY – \$25 per person BC Facilitator – Starting from \$1,500	30–60 mins
Go Team – BC Facilitator: Installed on tablets, the Go Team app features a unique follow arrow that helps guide teams to their waypoints. Once members arrive at their destination, GPS-triggered challenges are issued to the teams in the form of questions, clues and pictures that they will work together to complete. View preview here – http://bechallenged.com.au/go-team.html	Outside	BC Facilitator – Starting from \$1,500	60–90 mins

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TEAM BUILDER RECOMMENDED ENERGY BOOSTER ACTIVITIES

Activity	Where	Price (ex. GST)	Duration
BeatsWork – BC Facilitator: Provide a release for your body and mind with BeatsWork, the most exhilarating team building activity. Using the infectious rhythms of samba, BeatsWork transforms a group of individuals into a giant percussion band – with each person playing their part, in time and on cue. View preview here – http://bechallenged.com.au/beatswork.html	Inside / Outside	BC Facilitator – Starting from \$1,500	60–90 mins
The Big Picture – BC Facilitator: Everyone knows that every now and then it is important to step back and look at the 'big picture', particularly when looking at an organisation and how its people operate and communicate internally. In Big Picture the importance of teamwork, cooperation and communication is reinforced through the process of painting an artistic masterpiece of truly epic proportions. View preview here – http://bechallenged.com.au/the-big-picture.html	Inside	BC Facilitator – Starting from \$2,000	60–90 mins

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ADDITIONAL RECOMMENDED ADD-ONS FOR THE TEAM BUILDER

Add-On	Company	Price (ex. GST)	Duration
Yoga: Group yoga and meditation sessions to clear the mind and renew energy in your meeting. View preview here – https://www.youtube.com/watch?v=0eTOBC-EGiw	Workplace Yoga www.workplaceyoga.com.au	\$160 per hour*	1 hr
Mindfulness Exercise – Mindfulness for Connectivity: This session introduces participants to a practice of mindfulness that supports collaboration and connectivity by developing trust, compassion and empathy.	Frontier Wellbeing www.frontierwellbeing.com	From \$300*	From 30 mins
Mindfulness Exercise – Mindfulness for Energy Renewal: This session delivers an autogenic mindfulness exercise which supports participants to renew energy so they can feel refreshed and renewed, just like a micro visit to the day spa.	Frontier Wellbeing www.frontierwellbeing.com	From \$300*	From 30 mins
Meditation – The Magic of Qigong: Learn four simple gentle exercises which will immediately reduce stress, increase your energy levels, improve your well-being, emotional resiliency and quality of relationships at work and at home.	Business is Bliss www.businessisbliss.com.au	\$400*	1 hr
Nutrition Presentation / Workshop – Vitality, Energy and Productivity – It's All in Your Food: An educational, interactive opportunity to find out how to avoid afternoon slumps, brain fog, mood swings and other energy zappers. Michele Chevalley Hedge shares her evidence based knowledge and her past experiences as a busy executive at Microsoft.	Michele Chevalley Hedge www.ahealthyview.com.au	\$1,500*	1hr 15 mins

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Nutrition Presentation / Workshop: Brain Clarity – Start by Feeding Your Brain: With an alarming rate of mental health issues occurring in the workplace, Michele sheds light on how to reduce mental health risk factors in a candid, humorous, educational way. 10 ways to improve overworked brains and reduce brain fog, anxiety, depression, ADHD and other cognitive concerns.	Michele Chevalley Hedge www.ahealthyview.com.au	\$1,500*	1hr 15 mins
Nutrition Keynote Presentation – Productive, Present, Purposeful Employee: Who is looking after you? Michele Chevalley Hedge, qualified nutritionist, discusses how to keep the key assets of your business – 'the employee' – mentally, physically and emotionally happy.	Michele Chevalley Hedge www.ahealthyview.com.au	\$500* in conjunction with any other presentation/workshop	45 mins
Workshop – Building Bridges: Although your staff will be diverse and varied in personalities and backgrounds, bringing them together in one unified team is critical for the success of your company. In this session we will connect your team and align them to your vision.	Tom Cronin www.tomcronin.com	\$2,000*	1 hr^

* Plus travel and accommodation if outside Sydney.

^ Option to add additional sessions. Please ask for a quote.

ADDITIONAL RECOMMENDED ADD-ONS FOR THE TEAM BUILDER

Add-On	Company	Price (ex. GST)	Duration
Workshop – How to Have Better Conversation's: How can we have conversations that inspire us to think in new ways, that stimulate our curiosity and that prompt us to say things we've never said before? In this class we will discover how to make the leap from mere idle banter to enriching and adventurous conversation.	The School of Life www.theschooloflife.com/melbourne/	\$3,500# (1–40 delegates) \$6,000# (40–120 delegates)	3 hrs
Workshop – How to Realise Your Potential: Whether it's revisiting an old hobby or skill, or finding inspiration in arts and culture, there is a renewed emphasis on living a more enriched life. This workshop aims to help participants discover their principal passions and grow their seed ideas into absorbing pursuits or even a change of vocation.	The School of Life www.theschooloflife.com/melbourne/	\$3,500# (1–40 delegates) \$6,000# (40–120 delegates)	3 hrs
Complete Meeting Facilitation: Feeling Curious? We at Curious Collective implement innovation by doing and learning together. We are expert facilitators who run workshops based on immersive, practical and value-generating activities so you can achieve great outcomes from your meeting.	Curious Collective www.curiouscollective.com.au	\$4,000# (per full day) \$2,500# (per half day)	Full day (8 hours) Half day (5 hours)

Plus travel and accommodation if outside Sydney, Melbourne or Perth.



THE MEMORY BANK

NEED YOUR TEAM TO KEEP ALERT AND
RECEPTIVE WHILE DOWNLOADING CRITICAL
NEW INFORMATION?

The Memory Bank is a package created to maximise the ability to retain information so that everyone goes home well equipped and ready to go.



THE MEMORY BANK INCLUSIONS

The Memory Bank package includes the standard catering package plus virtual sessions played in the meeting room at a time of your choosing:

- 1 x 8 minute meditation – Mindfulness for Staying Focused
To activate the attentional control network of the brain so you remain focused and eliminate distractions
- 1 x 15 minute self-massage and self-acupressure session
Designed to get the blood flowing, enhance brain function and energy renewal
- 1 x 7 minute meditation – Mindful Reflections
Supports participants to take a moment to reflect on their thoughts and learning from the meeting

FROM \$64 PER PERSON

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MEMORY BANK RECOMMENDED ENERGY BOOSTER ACTIVITIES

Activity	Where	Price (ex. GST)	Duration
Mindful Art – DIY: Give your team time out with some paints and textures to create a masterpiece of their own. After they choose their choice of stencil then it will be up to them to relax, unwind and enjoy having nothing else to think about but making it pretty. Signed and framed, they will have something to take home and remind them of the importance of taking time out for their head space.	Inside / Outside	DIY – \$40 per person (includes frame)	15–20 mins
Meditainment – DIY: Delegates often arrive at a conference with their heads filled with clutter from their working and personal lives – not to mention the endless bombardment of other information, news and advertising messages. Before your audience can focus and be receptive to your key messages, they need to relax and de-clutter their minds. Meditainment is the best way to make sure your meeting delegates are open and receptive to go from the very beginning. View preview here – http://bechallenged.com.au/meditainment.html	Inside	DIY – \$13 per person (includes glow stick)	20 mins
Crescendo – BC Facilitator: Many organisational teams are bogged down in the stress of day-to-day operations, where problems are exacerbated by poor communication and enjoyment can be hard to find. When a team shares a fun and creative team building experience like Crescendo, it can go a long way toward boosting morale and communication within the team. View preview here – http://bechallenged.com.au/crescendo.html	Inside	BC Facilitator – Starting from \$1,500	30–90 mins

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ADDITIONAL RECOMMENDED ADD-ONS FOR THE MEMORY BANK

Add-On	Company	Price (ex. GST)	Duration
Yoga: Group yoga and meditation sessions to clear the mind and renew energy in your meeting. View preview here – https://www.youtube.com/watch?v=0eTOBC-EGiw	Workplace Yoga www.workplaceyoga.com.au	\$160 per hour*	1 hr
Mindfulness Exercise – Mindfulness for Staying Focused: This mindfulness session supports participants to activate the attention control network of the brain so they can focus for longer, be more attentive and deal more effectively with distractions.	Frontier Wellbeing www.frontierwellbeing.com	From \$300*	From 30 mins
Mindfulness Exercise – Mindful Reflections: This practice of mindfulness supports participants to stop and take a moment to reflect on what they have learnt at the meeting. This helps them to develop a learning mindset and assists in embedding important information from the meeting.	Frontier Wellbeing www.frontierwellbeing.com	From \$300*	From 30 mins
Meditation – A Mindfulness Masterclass: Learn the 7 secrets of mindfulness in this interactive workshop to increase productivity, become more engaged and more creative. Experience why companies like Google and Harvard Business School are using the evidence based tool of mindfulness practice on a daily basis.	Business is Bliss www.businessisbliss.com.au	\$400*	1 hr
Nutrition Presentation / Workshop – Vitality, Energy and Productivity – It's All in Your Food: An educational, interactive opportunity to find out how to avoid afternoon slumps, brain fog, mood swings and other energy zappers. Michele Chevalley Hedge shares her evidence based knowledge and her past experiences as a busy executive at Microsoft.	Michele Chevalley Hedge www.ahealthyview.com.au	\$1,500*	1hr 15 mins

* Plus travel and accommodation if outside Sydney (except Workplace Yoga sessions; available in all Australian capital cities and some regional centres).

ADDITIONAL RECOMMENDED ADD-ONS FOR THE MEMORY BANK

Add-On	Company	Price (ex. GST)	Duration
Nutrition Presentation / Workshop – Eat Your Way to Happiness: This entertaining, interactive presentation will discuss how to increase our happy hormones just with the simple act of eating. Michele Chevalley Hedge discusses the World Health Organisation's new advice on sugar, cancer and how to get more serotonin from our food.	Michele Chevalley Hedge www.ahealthyview.com.au	\$1,500*	1hr 15 mins
Nutrition Presentation / Workshop: Brain Clarity – Start by Feeding Your Brain: With an alarming rate of mental health issues occurring in the workplace, Michele sheds light on how to reduce mental health risk factors in a candid, humorous, educational way. 10 ways to improve overworked brains and reduce brain fog, anxiety, depression, ADHD and other cognitive concerns.	Michele Chevalley Hedge www.ahealthyview.com.au	\$1,500*	1hr 15 mins
Nutrition Keynote Presentation – Productive, Present, Purposeful Employee: Who is looking after you? Michele Chevalley Hedge, qualified nutritionist, discusses how to keep the key assets of your business – 'the employee' – mentally, physically and emotionally happy.	Michele Chevalley Hedge www.ahealthyview.com.au	\$500* in conjunction with any other presentation/workshop	45 mins
Workshop – Recharge and Reboot: The brain is a muscle, and in today's modern world of technological stimulation, our brains can become overloaded with data. In this session you will learn how to de-clutter the mind and retain memories to be more effective at recalling critical information you need.	Tom Cronin www.tomcronin.com	\$2,000*	1 hr^

* Plus travel and accommodation if outside Sydney (except Workplace Yoga sessions; available in all Australian capital cities and some regional centres).

^ Option to add additional sessions. Please ask for a quote.

ADDITIONAL RECOMMENDED ADD-ONS FOR THE MEMORY BANK

Add-On	Company	Price (ex. GST)	Duration
Workshop – How to Balance Work with Life: This class explores how we can enjoy rich relationships not just with work but with our own self and loved ones, and how we might draw these relationships into a more harmonious partnership of equals.	The School of Life www.theschooloflife.com/melbourne/	\$3,500 [#] (1–40 delegates) \$6,000 [#] (40–120 delegates)	3 hrs
Complete Meeting Facilitation: Feeling Curious? We at Curious Collective implement innovation by doing and learning together. We are expert facilitators who run workshops based on immersive, practical and value-generating activities so you can achieve great outcomes from your meeting.	Curious Collective www.curiouscollective.com.au	\$4,000 [#] (per full day) \$2,500 [#] (per half day)	Full day (8 hours) Half day (5 hours)

[#] Plus travel and accommodation if outside Sydney, Melbourne or Perth.

A woman with reddish-brown hair, wearing a white wrap, is performing a yoga pose (Pigeon Pose) in a lush green forest. She is looking towards the camera with a slight smile. The background is filled with out-of-focus green foliage and trees.

ABOUT OUR EXPERTS

[INTRODUCTION](#) [CARBON NEUTRAL MEETINGS](#) [MINDSPACES](#) [FOOD FOR THOUGHT](#) [MEETING PACKAGES](#) [THE PROBLEM BUSTER](#) [THE TEAM BUILDER](#) [THE MEMORY BANK](#) **[OUR EXPERTS](#)**

[HOTEL FACILITIES](#) [PERSONAL SERVICE](#) [HOTEL FACILITIES](#) [ROOM FACILITIES](#) [EVENT FACILITIES](#) [FLOOR PLANS](#) [CAPACITY CHART](#) [AUDIO VISUAL & STAGING SERVICES](#) [CONTACT](#)

NUTRITION

MICHELE CHEVALLEY HEDGE

A Healthy View

Nutritionist, Health Writer and Presenter

Nutritional Medicine Practitioner (Adv. Dip. of Nutritional Medicine, Australia Traditional Medicine Society) and the author of many health related articles, Michele has a deep understanding of the challenges faced when trying to incorporate good nutrition into a fast paced career given her former corporate role with Microsoft.

Michele really understands the busy professional who juggles work, travel, social and family life. Michele's ability to take nutritional concerns and turn them into simple laymen language is what makes her a compelling presenter and author. Michele has appeared on Channel 7's Sunrise program talking about the World Health Organisation's nutritional guidelines. Wiley Publishing also commissioned Michele to write the book, *Beating Sugar Addictions for Dummies*, due to her rigour around evidence based research.

See Michele in action at:

<http://ahealthyview.com/programs-packages/corporate-wellness/>



Michele Chevalley Hedge



Christie Little, Director



Martin Kiem, Director

MINDFULNESS AND CORPORATE WELLBEING

FRONTIER WELLBEING

Frontier Wellbeing specialises in creating and delivering workplace interventions for teams that need to be dynamic, agile, energetic, creative and attentive in high pressure environments.

Frontier Wellbeing has pioneered an outcome based approach to mindfulness that has been scientifically proven to boost energy, reduce stress, improve attention, foster empathy and deliver better satisfaction with life.

Frontier Wellbeing also offers customised programs to support you to live your values and reach your organisational objectives.

Frontier Wellbeing partners with some of Australia's leading businesses including Lend Lease, Charter Hall, Minter Ellison, PwC, Citigroup, Neoteny Service Design, John Staff Projects, Electrolight, Haworth and Directions Travel Services.

www.frontierwellbeing.com

YOGA

WORKPLACE YOGA

Workplace Yoga offers corporate yoga and meditation sessions across Australia including all capital cities, Newcastle, Wollongong and other major regional centres. Workplace yoga has worked with corporate clients including Westpac Bank, Probuild, Hayes Knight, The Victorian Equal Opportunity and Human Rights Commission and Melbourne University to name a few.

Corporate yoga and meditation classes boost productivity, increase mental clarity, combat fatigue, strengthen the muscles, help maintain hormonal balance and reduce destructive stress. The effects of yoga and meditation when practiced correctly can be immediate. Meeting participants will complete their session with a clearer and more focused mind and boosted energy levels.

www.workplaceyoga.com.au

<https://www.youtube.com/watch?v=0eTOBC-EGiw>





The School of Life Workshop

WORKSHOPS

THE SCHOOL OF LIFE

Through its business programs, The School of Life (TSOL) helps to maximise human potential, enabling people to connect their passion and purpose with their work, allowing them to lead authentic and engaged lives. TSOL content has a playful, engaging tone with a depth of purpose and rigour that leads to practical application.

TSOL is a national organisation with faculties in Melbourne, Sydney and Perth and the ability to deploy facilitators elsewhere in the country.

All faculties have deep corporate experience and can tailor workshops as required.

www.theschooloflife.com/melbourne/

MEETING FACILITATION

CURIOUS COLLECTIVE

Curious Collective is a team that empowers others to embrace change – where change has powerful and positive effects. We are experienced educators, consultants and entrepreneurs from large organisations.

We bring our knowledge and networks together to facilitate, empower and drive change. Whether you are a lean start-up or an established corporation, our hands-on approach provides a bespoke experience for events, meetings and workshops. We use a range of tools such as stokers, story-telling and scenario planning to facilitate engaging content.

Curious Collective has a depth of expertise in designing disciplined innovation programs using design thinking and lean start-up to disrupt business as usual.

"The best way of learning about anything is by doing." Richard Branson.

<http://curiouscollective.com.au/>



Gauri Bhalla, Head of Business Programs



ENERGY BOOSTERS AND TEAM BUILDING

BeChallenged

BeChallenged is an interactive team workshops company who engage and develop the understanding of how we can become more productive and efficient.

BeChallenged's unique approach to helping businesses and individuals reach their full potential means your team will learn while having fun. In each of the programs teamwork, communication, planning and leadership are the key learning outcomes along with practical skills around problem solving and strategic thinking.

Changing state and becoming more mindful in your approach will empower and motivate your team in a fun and collaborative environment.

www.bechallenged.com.au

MEDITATION

TOM CRONIN

The Stillness Project

Meditation Teacher, Life Mentor, Speaker, Writer and Producer

Tom spent 26 years as a broker in finance trading inflation swaps and bonds for the banks. He discovered meditation in the early stages of his career in finance as a tool for stress management. Tom's experiences through meditation were not only immediate but profound.

Today, Tom is on a mission. He has an unwavering commitment to reducing stress and chaos in people's lives. Using multiple content streams from film, online, retreats, blogs, books and personal mentoring, he hopes to inspire people to sit in stillness and to connect with their inner being.

www.stillnessproject.com





Peter Bliss

MINDFULNESS AND TAI CHI

PETER BLISS

Business is Bliss

Peter facilitates change in people's lives. He is a resiliency, mindfulness, focus and performance expert. He teaches individuals and groups how to be resilient, authentic and empowered through relaxation exercises, Qigong practice and meditation practices.

As a keynote speaker and facilitator, Peter has been running mindfulness and resiliency workshops on health and wellbeing, stress management and work life balance for over 10 years at international conferences and in Australia.

His most recent clients include Westpac Bank, American Express, Unilever, St George Bank, Teacher's Mutual Bank, Kimberly Clarke, Canon, Wesley Mission, Anglicare, Colgate Palmolive, Tresscox Lawyers, Foxtel, Tabcorp and The National Breast Cancer Foundation

www.businessisbliss.com.au

A nighttime photograph of a city skyline reflected in a river. A multi-lane bridge with white railings spans the river in the foreground. In the background, several tall buildings are lit up, including one with a red sign that says "Hotel Ibis". The sky is dark blue with some clouds.

HOTEL FACILITIES

[INTRODUCTION](#) [CARBON NEUTRAL MEETINGS](#) [MINDSPACES](#) [FOOD FOR THOUGHT](#) [MEETING PACKAGES](#) [THE PROBLEM BUSTER](#) [THE TEAM BUILDER](#) [THE MEMORY BANK](#) [OUR EXPERTS](#)

[HOTEL FACILITIES](#) [PERSONAL SERVICE](#) [HOTEL FACILITIES](#) [ROOM FACILITIES](#) [EVENT FACILITIES](#) [FLOOR PLANS](#) [CAPACITY CHART](#) [AUDIO VISUAL & STAGING SERVICES](#) [CONTACT](#)

MERCURE BRISBANE

Stylish, contemporary, exceedingly personalised service and a convenient location in the heart of Brisbane CBD sets Mercure Brisbane among the leading hotels for business and holiday travel in the bustling capital of Queensland.

The hotel offers spectacular views of the Brisbane River and South Bank Parklands with the best of the city just moments away, including Queen Street Shopping Mall, Wheel of Brisbane, South Bank Lifestyle Market, the Brisbane Convention and Exhibition Centre and the businesses and government offices of the CBD. Roma Street train and bus stations, City Cat ferry stop and the riverside bikeway are also close by.

Following a multi-million-dollar redesign, Mercure Brisbane's social areas and accommodation reflect a boutique urban sensibility, showcasing vibrant colours and chic, minimalistic designs. All 194 rooms and suites offer magnificent city or river views and are appointed with high-speed internet, spacious work desks and minibars. A modern gym, outdoor swimming pool and sauna are available to all guests and the MRepublic restaurant, bar and lounge complements fresh, locally sourced cuisine which encourages intimate ambience and marvellous views of the river and parklands. For guests who are interested in hosting meetings and social occasions, Mercure Brisbane offers eleven event rooms and dedicated event planning and catering services to design signature gatherings of up to 650 guests.

Blending high style and an independent, locally inspired spirit with the world-class quality and consistency expected of the Mercure Hotels brand, Mercure Brisbane delivers the perfect travel experience to discerning executives and leisure travellers.



PROFESSIONAL AND PERSONAL SERVICE

- Dedicated meetings staff to take care of every aspect of your booking
- 24 hour response to your enquiry
- Tailored solutions to suit your requirements
- Instant contact should you need assistance during your meeting





HOTEL FACILITIES

- 100% non-smoking accommodation
- 24-hour reception area with complimentary Nespresso machine, iPads and iMac computers
- MRepublic restaurant, bar and lounge
- Business centre
- Outdoor swimming pool and sauna
- Meeting and events facilities
- High-speed wired/wireless Internet access (charges apply)
- Laundry and dry cleaning services (charges apply)
- Porter service
- Luggage storage
- Concierge
- 24-hour in-room dining
- Safety deposit boxes
- Currency exchange
- Undercover secure car park (\$36 per day for in-house guests)
- Babysitting
- Europcar hire available
- Limousine transfers on request
- Check-in 2pm, check-out 11am

ROOM FACILITIES

The 194 guest rooms and four executive suites at the Mercure Brisbane Hotel have been recently refurbished to reflect a locally inspired spirit. Using vibrant colours and contemporary, minimalistic furnishings, Mercure and WMK Architecture collaborated to create modern yet warm accommodation that reflect an urban edge whilst still feeling inviting, comfortable and relaxing. Headboards adorned with striking black and white imagery of the Brisbane River are the work of local artist Kelly Fielding.

In addition to spectacular views of the city centre or Brisbane River, all accommodation rooms feature the full range of travel comforts, including Wi-Fi, flat screen televisions, mini-bars and spacious work desks.

- Individually controlled air conditioning
- Remote controlled television
- Television internet access
- High speed wireless internet access
- Tea and coffee making facilities
- Mini bar
- Clock radio
- Direct dial local, STD and ISD telephone
- Shaver outlets and razor adaptors
- Hairdryer
- Iron and ironing board
- Security electronic key card system
- Additional modem point
- Single / double, twin and suite accommodation available
- Check-in 2.00pm, check-out 11.00am





EVENT FACILITIES

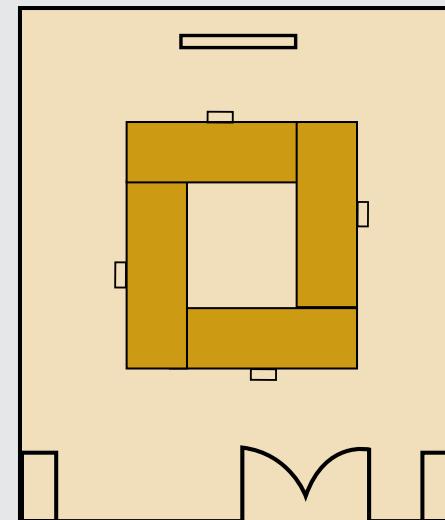
With competitive mid-market pricing and a convenient location in the heart of the Brisbane CBD, the Mercure Brisbane Hotel is the perfect venue for your upcoming sales meeting, training conference, seminar or corporate banquet. Our Mindful Meetings packages allow you to build your own program or choose from some of our pre-designed packages; The Problem Buster, The Team Builder and The Memory Bank. Boasting three floors of event facilities and eleven event rooms, we can tailor any gathering to meet your individual requirements. In addition to modern audio visual equipment and professional technical support, all floors offer ample pre-function areas filled with natural light.

- 11 event rooms
- Natural light in pre-function areas
- Wireless internet
- High speed wired and wireless internet access (charges apply)
- On-site audio visual supplied by Fairchild Multimedia
- Unique private laneway and vehicle access to the Grand Chelsea Ballroom
- Wheelchair access to all event rooms with wheelchair friendly bathrooms
- State-of-the-art audio visual equipment including ceiling mounted data projectors and drop down screens
- Customised floor plans for your event
- Pillarless conference rooms

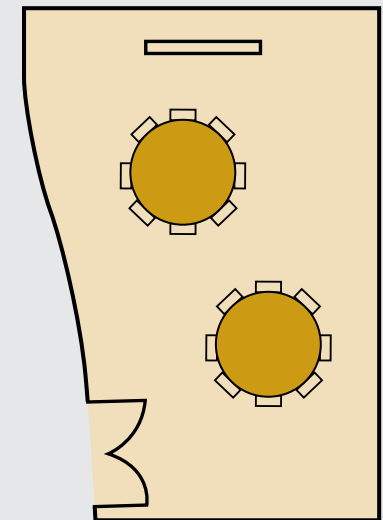
FLOOR PLANS – LEVEL 1 / GROUND FLOOR

TECHNICAL FEATURES

- Full time on-site audio visual team
- State-of-the-art integrated event room audio visual systems
- Staging and theming concept and design
- High-speed broadband Internet (charges apply)
- Customised floor plans available for your event



Mitchell Room

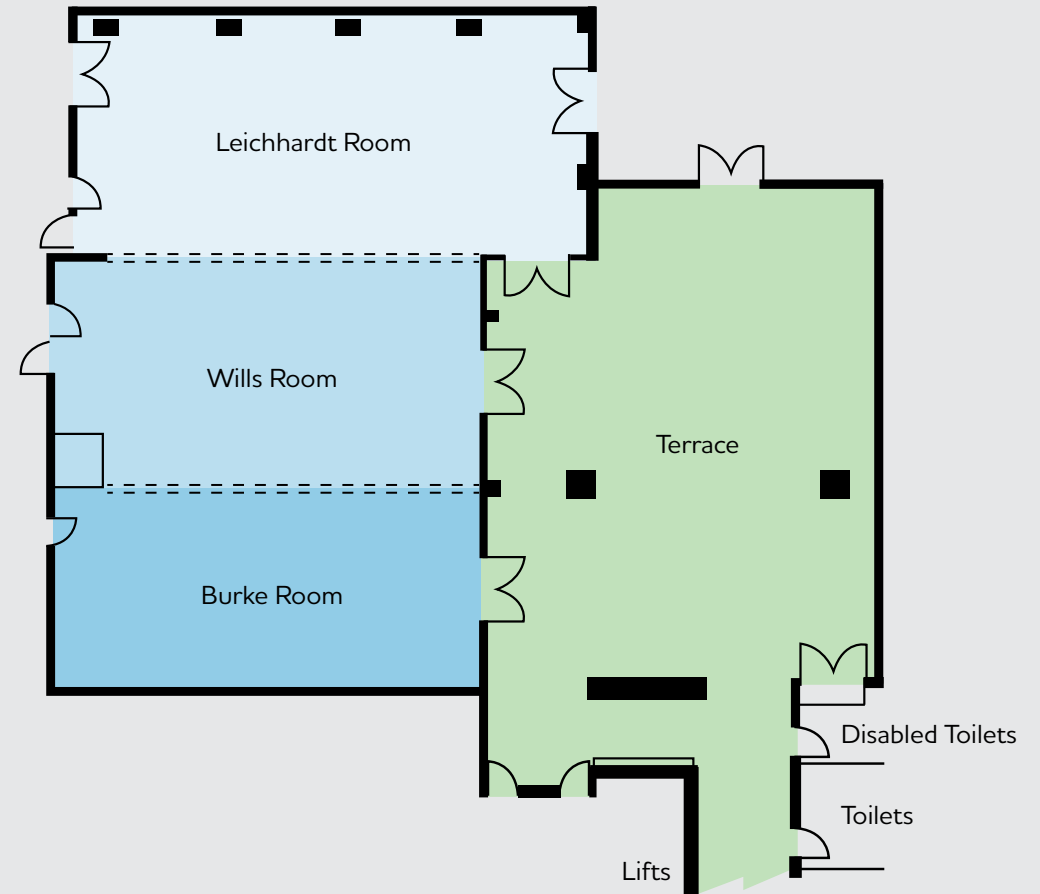


Oxley Room

FLOOR PLANS – LEVEL 2

TECHNICAL FEATURES

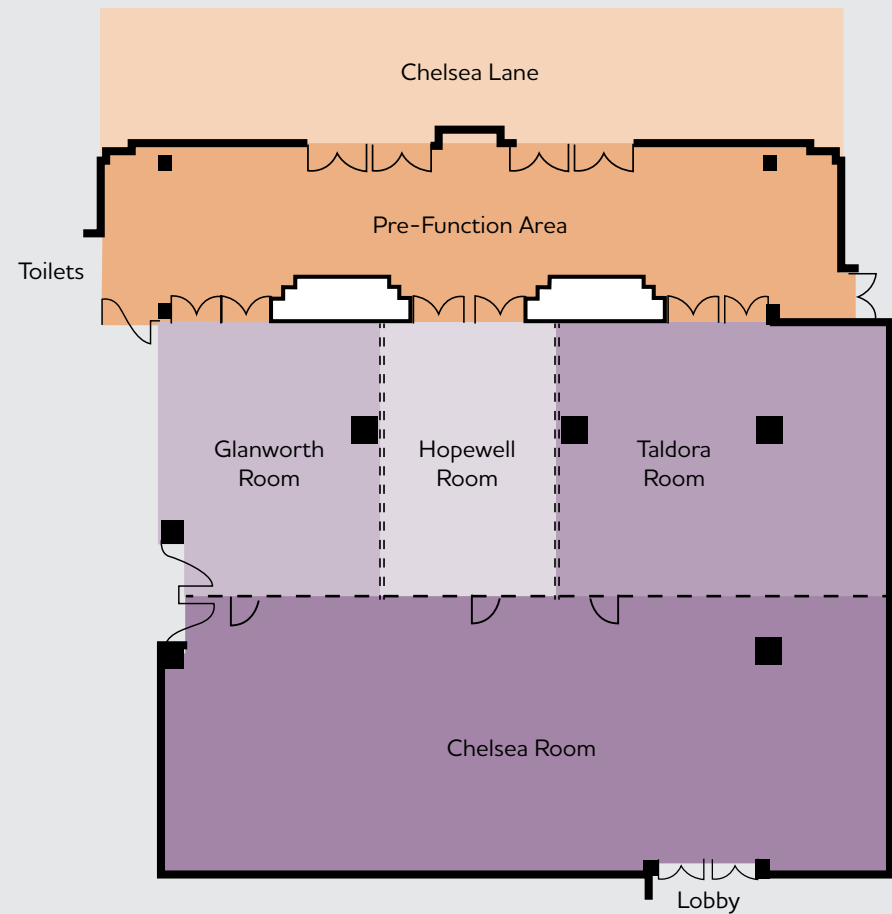
- Full time on-site audio visual team
- State-of-the-art integrated event room audio visual systems
- Staging and theming concept and design
- High-speed broadband Internet (charges apply)
- Customised floor plans available for your event



FLOOR PLANS – MEZZANINE LEVEL

TECHNICAL FEATURES

- Full time on-site audio visual team
- State-of-the-art integrated event room audio visual systems
- Staging and theming concept and design
- High-speed broadband Internet (charges apply)
- Customised floor plans available for your event



CAPACITY CHART

Event room	Ceiling Height (m)	Area (m²)	Theatre	Classroom	Banquet	Boardroom	U-shape	Cabaret	Cocktail
<i>Oxley</i>	2.4	39	30	18	–	18	15	24	30
<i>Mitchell</i>	2.4	36	30	18	–	12	15	24	30
<i>Avenir (ibis)</i>	2.4	70	80	30	50	20	30	40	50
<i>Burke</i>	3.15	79	80	54	60	30	27	48	55
<i>Wills</i>	3.15	92	80	54	60	30	27	48	70
<i>Leichhardt</i>	3.15	116	120	78	80	36	33	72	100
<i>Burke / Wills / Leichhardt</i>	3.15	287	300	168	180	–	–	144	200
<i>Glanworth</i>	3.5	93	90	42	60	30	27	40	70
<i>Hopewell</i>	3.5	80	90	42	60	30	27	40	65
<i>Taldora</i>	3.5	148	120	60	90	30	33	72	120
<i>Chelsea</i>	3.5	322	350	180	180	–	–	144	250
<i>Grand Chelsea*</i>	3.5	645	650	342	560	–	70	344	600
<i>Chelsea Lane</i>	–	214	–	–	100	–	–	–	175

*Grand Chelsea = combination of Glanworth, Hopewell, Taldora and Chelsea rooms



AUDIO VISUAL AND STAGING SERVICES

We work with Fairchild Multimedia, our audio visual partner, to provide you with the most advanced audio visual technology, along with specialist support to ensure that your event runs smoothly.

Fairchild Multimedia have an experienced on-site team who are able to assist in the planning stages of your conference.

They can help you in areas such as:

- State-of-the-art integrated event room audio visual systems
- Staging and theming concept and design
- High-speed broadband internet

CONTACT AND DIRECTIONS

DRIVING:

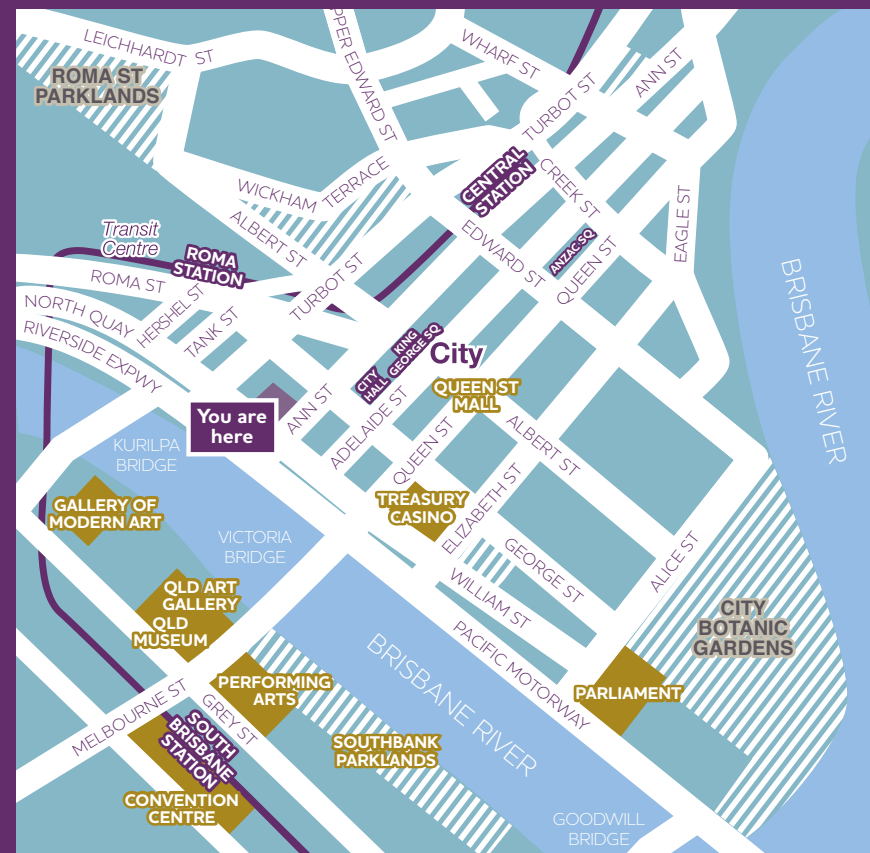
FROM BRISBANE AIRPORT: Head south along Airport Drive. Take 2nd exit at roundabout onto East-West Arterial Rd / State Route 20 heading to Nundah. Turn left onto Nudgee Road. Turn right at the 2nd cross street onto Kingsford Smith Drive. Continue onto Inner City Bypass. Take the Kelvin Grove Road exit towards Enoggera. Merge onto Ithaca Street. Turn left onto Countess Street. Continue onto Saul Street. Turn left onto North Quay. Mercure Brisbane is located at 85-87 North Quay, Brisbane QLD 4000. Approximately 20 minute journey.

TRAIN ACCESS: The most easily accessible train station to the Mercure is Roma Street Station (known as 'Transit Centre'). After arriving, following the signs toward to the City to exit the station. Turn Left out of the Transit Centre on Roma Street. Turn Right onto George Street. Turn Right onto Turbot Street. Turn Left onto North Quay and follow until you reach the Mercure Reception.

FERRY ACCESS: The most easily accessible ferry terminal to arrive at is North Quay 1. Follow North Quay until you reach the Mercure Reception.

BUSES ACCESS: There are multiple drop off points for buses including the Queen Street busway, Roma Street Station ('Transit Centre') and street locations.

CAR PARKING: Mercure Brisbane's car park is externally owned by Secure Parking and is available at \$36.00 per 24 hour period. The car park is accessible off the Mercure front driveway. Take a ticket upon entry and present it at Reception prior to exiting for the first time to have your ticket validated. Alternatively you can Secure a Spot on the Secure Parking website (secureparking.com.au).



MERCURE BRISBANE

85-87 North Quay, Brisbane QLD Australia 4000

P (07) 3237 2320 F (07) 3237 3891 E h1750-sb@accor.com

mercurebrisbane.com.au

mercure.com

