

Your Wellbeing Toolkit

For Hosted Buyers at The Meetings Show 2025

Event Wellbeing Week | 23—27 June | #PowerOfPause

Welcome, Hosted Buyer!

You've got a packed agenda, big conversations to have, and a lot of ground to cover. But your wellbeing matters just as much as your meetings. This guide is here to help you look after yourself while you're looking after business — because pausing isn't just helpful, it's strategic.

Why This Matters

Being "hosted" doesn't mean you have to be "on" 24/7. You're allowed to hit pause, to take a breath, and to recharge between conversations. Event fatigue is real — and your brain needs rest to stay sharp, focused and human.

Power of Pause: Wellbeing on the Go

Try these micro-moments throughout your day:

- **One-minute grounding:** Put your feet flat on the floor. Take three slow breaths. Feel your body arrive.
 - **Between meetings?** Pop into the **SensoryCalm Quiet Room** for a reset.
 - **Feeling overwhelmed?** Step into the **SensoryGarden** — it's a nature-inspired space designed for decompression.
 - **Mind racing?** Try the 5-4-3-2-1 sensory check-in to come back to the moment.
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Wellbeing Trail Highlights for Hosted Buyers

Here are a few recommended sessions and experiences that align with our wellbeing-first approach:

- **Wednesday @10:00 — Workplace Yoga**

Ease into your day with breath-led movement.

- **Thursday @12:00 — Networking That Works (for Introverts)**
Build connections that energise instead of drain.
- **Thursday @15:20 — The Decompression Session**
Breathe, reset, and leave the show feeling clear and calm.

Plus: visit the **Human Library** (Wed & Thurs), or drop into the **Neurodiverse Inclusive Guidelines for the Events Industry** session Thursday @12:40.

Your Wellbeing Checklist

- I've scheduled time between meetings
 - I know where the **SensoryCalm** and **SensoryGarden** spaces are
 - I've chosen 1—2 sessions just for me
 - I'm drinking water and not just caffeine
 - I've done at least one deep breath today
 - I reminded myself that pausing is powerful
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Need a Break? Here's Where to Go

SensoryCalm Quiet Room: A low-stimulation, supervised space with soft lighting, noise-reducing furniture, and sensory tools to help you decompress in peace.

SensoryGarden: A biophilic haven filled with greenery, calm sounds, and natural textures – a little slice of nature in the heart of Excel.

Both spaces are open to all attendees throughout the show. No booking needed. Just come in, breathe, and be.

More Support?

Follow #PowerOfPause for daily tips and nudges.
Visit eventwell.org for more resources.

You're doing amazing work. Don't forget to look after the human behind the badge.