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## Trump Talks on Meetings



PAGE 14

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At Connecticut's famous Spa at Norwich Inn, laughter therapy and t'ai chi are on the group activities menu to enhance wellness. I sampled the spa's new four-day, three-night "Healthy Pleasures" program and came away convinced the therapies would improve meetings, too, by encouraging interaction.

With a small group, I did an hour of t'ai chi, a brisk two-and-a-half-mile walk, and learned a few principles of massage. I could easily have fit five hours of meetings around this structure, and even had time for spa treatments each day. The activity and smart eating kept my mind alert.

Healthy Pleasures, the creation of Executive Chef Daniel Chong-Jimenez and General Manager John O'Shaughnessy, has three main components; nutritious foods, Zen Buddhist principles of mindfulness, and guidance in realistic lifestyle choices.

"Be aware of things you can do better, but be nonjudgmental," says Chong-Jimenez, while analyzing (with the help of a computer program from WSHA Research) the foods I normally eat in a day. He shows me my nutrient sources, and where I'm getting my calories, good fats, bad fats and fiber. The chef will do a private nutritional analysis for each Healthy Pleasures participant.

Next, I was excited to try the Silent Dinner, an exercise in mindfulness that I began with the Amaretto Shrimp appetizer. Chong-Jimenez facilitates, coaching us to consider posture, breathing, aromas, tastes, textures, thoughts and feelings about food. When we can't be silent any longer, we discussed the experience. And we laughed a lot. (It's therapeutic.)

"Mindfulness can set the tone for a meeting," says Spa Director Betty Loiacono. "You get so creative in this state, and also more tolerant of other people's creativity."