summitry. x THE GLENMORE AT THE ROCKS

THE SUMMIT SESSIONS

THE GLENMORE & SUMMITRY TEAM BUILDING EXPERIENCE


RECONNECTING IN
AN OVERSTIMULATED
WORLD
A wellbeing presentation
and premium hosted team
experience for modern workplaces
Brought to you by
Summitry
@thesummitry.com

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More than a talk, it includes team activities to get people moving, talking and connecting. Join your host and Glenmore owner for a group ruck, the global fitness phenomenon of walking with a weighted backpack for cardio and strength, as we explore Sydney's iconic sights before finishing with a well-earned drink at The Glenmore

KEY THEMES

- The hidden cost of overstimulation
- Feeling disconnected from nature, from others and from ourselves
- The link between health, movement and wellbeing
- Simple habits that build resilience, lift mood and foster connection

WHAT THE SESSION INCLUDES

- A thought-provoking wellbeing presentation
- Insights into stress, overstimulation and disconnection
- Practical tools for resilience, recovery and balance
- Team-building exercises that spark connection and conversation
- The ruck is relaxed and inclusive and can be adapted to suit most groups. No fitness required.

WHY IT WORKS

A warm, engaging and highly relatable session combining:

- A personal story that's honest, funny and inspiring
- Real insight into wellbeing
- Practical takeaways you can use straight away
- Simple tools to ease stress and boost productivity
- Shared team experience in a beautiful setting

The rucking component is accessible, inclusive and adaptable for most groups - no special fitness level required.



IDEAL FOR

- Wellbeing days
- HR and People & Culture initiatives
- Leadership offsites
- Staff engagement days
- A more meaningful lead-in to end of year events
- Mental health and resilience programmes

FORMAT

Welcome, Settle & Logistics	**10 mins**
Presentation & Team Exercises	**35 mins**
Heritage & Harbour Foreshore Pack Walk	**60 mins**
Cool down, Debrief and Drinks	**15 mins**
Total	**2 hours**



ABOUT THE SPEAKER

Kent Anderson is a speaker, coach, business owner and community builder with a real passion for connection, resilience and wellbeing. He's spent more than 20 years mentoring and coaching people in business and life, while also owning and running one of Sydney's favourite pubs, The Glenmore Hotel.

Through his new business, Summitry, Kent is helping grow the rucking movement as a simple, powerful way to build health, resilience and connection. Summitry is about community, nature and aspiration – helping people get outdoors, improve their health, and reconnect with themselves. With rucking's roots in the military, it also supports veteran communities and charities, honouring the service of the men and women behind that legacy.

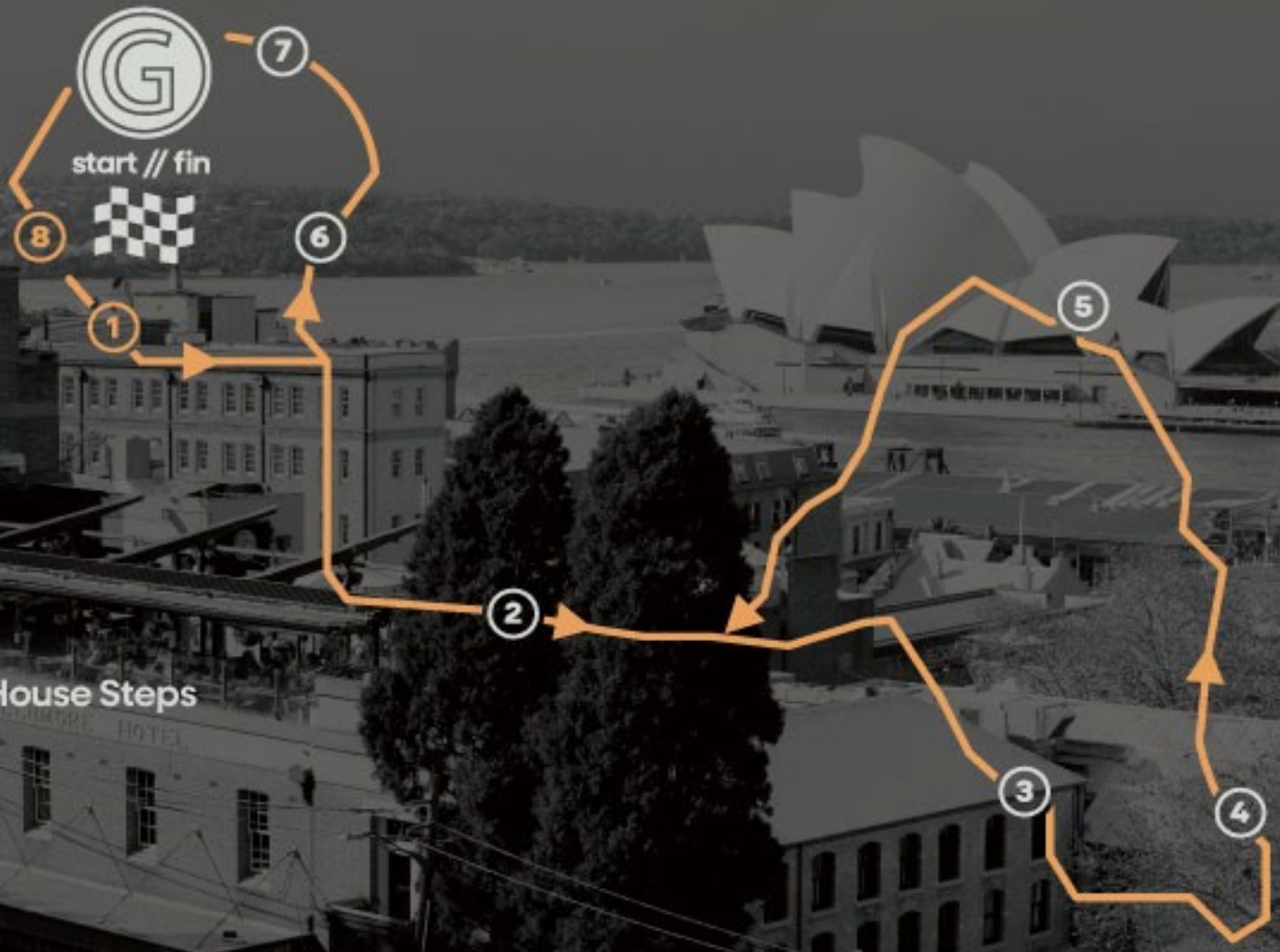
With a background ranging from coaching and business to sports media and professional stand-up comedy, Kent brings lived experience, humour and confidence to the stage. His message for modern workplaces is a practical one: in a fast, overstimulated world, we need better ways to reconnect with our health, our purpose and each other.

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rooftop session rucking route

time
55min

distance
3.8km



1. The Glenmore Hotel
2. Circular Quay
3. Royal Botanical Gardens
4. Harbour View Lawn
5. Bennelong Lawn / Opera House Steps
6. The Rocks
7. Sydney Harbour Bridge
8. The Glenmore Hotel

THE SUMMIT SESSIONS - PRICING

We have more comfort, technology and convenience than ever before.
So why are so many of us feeling overwhelmed, anxious and empty?

This session looks at the growing gap between modern life and the way our bodies and brains are actually wired, and why movement, recovery and connection matter more than ever.

More than a talk, it includes team activities to get people moving, talking and connecting.

Choose the experience that best suits your team, then step onto the rooftop for a memorable blend of movement, connection and Sydney scenery.

ESSENTIAL EXPERIENCE

Rooftop wellness presentation and exercises

Guided weighted walking ('rucking') experience through the Rocks, Circular Quay and Royal Botanic Gardens

Light, fun team challenges and activities

Equipment hire

Venue hire

UP TO 10 GUESTS

$2,250

SIGNATURE EXPERIENCE

Essential experience plus:

A post-session welcome drink on return to the Glenmore

An additional 10 guests

UP TO 20 GUESTS

$3,250

PREMIUM EXPERIENCE

Signature experience plus:

Personalised rucking patches featuring your company logo

Optional workplace wellness pack: discounted Summitry backpacks and branded patches for ongoing team use

An additional 10 guests

UP TO 30 GUESTS

$4,250

ADD A TWO-COURSE SET MENU + CUSTOM TWO-HOUR BEVERAGE PACKAGE TO ANY EXPERIENCE FOR $90 PER PERSON


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BOOKINGS / ENQUIRIES
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