



Retreats &
Professional Development



STAY | REFLECT | CONNECT

Thank you for considering Reflections - Lake Cooby for your event!

Reflections, Lake Cooby is a multipurpose function centre based on 50 acres of native bushland on the shores of the stunning Cooby Dam. Located a short 30 minutes drive from Toowoomba, Reflections has the facilities to cater for everything from corporate retreats, corporate and private celebrations, fundraisers, outdoor adventure team building and professional development days, mindfulness and yoga retreats, and so much more!

At Reflections, Lake Cooby we have designed our Packages with flexibility and adaptability in mind. Our Estate is your canvas and we welcome you to create a memorable experience for your guests that is as unique as you!

We look forward to creating an experience that meets the needs, outcomes and goals for your group. If you have any questions in the lead up to your event please feel free to reach out to our friendly team who are more than happy to help!

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Event Locations

Reflections – Lake Cooby has many indoor and outdoor event locations - all with water views!

With 50 acres of beautiful lakeside country, you have the option to be near the water, shaded by trees, in the historic Loveday Barn, up high on the hillside, outdoors under festoon lighting, inside with air conditioning, or inside our chandelier and festoon lit marquee with magnificent views over Lake Cooby.

We have facilities for you to entertain over 200 people.

Venue	Inclusions	Theatre	Classroom	U-shape	Dining	Stand-Up
Conference Room	Air conditioning, TV, whiteboard, blackboard, tables & chairs, toilets.	80	45	45	80	120
Function Centre Gazebo & Lawn	Rustic hardwood table and chairs, roller blinds, BBQ, fire pit + fire wood, pizza oven, large lawn area for outdoor workshops & events	40	40	N/A	40	40
Loveday Barn & Bunya View Fire Pit	Rustic indoor event space, access to BBQ, use of fire pit + fire wood	50	50	40	60	70
Marquee & Marquee Lawn	18m x 12m chandelier & festoon lit marquee with outdoor festoon lit lawn area	300	150	N/A	150	300





Onsite Accommodation

At Reflections, our shared and individual accommodation options offer relaxed, country comfort, all with lakeside views. Our rooms provide the perfect home away from home and are the perfect solution for your next retreat, celebration, or reunion.

We welcome you, as guests of our private Estate, to explore our natural bush environment and seek out the local native wildlife. We are lucky enough to share our grounds with koalas, kangaroos, echidnas, possums, and a multitude of birdlife to name a few! Our accommodation offerings include:

COOBY LAKEHOUSE

- Sleeps 10 guests
- 4 bedrooms
 - Bedroom 1 (Bridal Suite): King Bed
 - Bedroom 2: Triple Bunk Bed (i.e. double bed on the bottom, single on top) + 1 x Single Bed
 - Bedroom 3: Triple Bunk Bed (i.e. double bed on the bottom, single on top) + 1 x Single Bed
 - Bedroom 4: King Bed

BELL TENTS

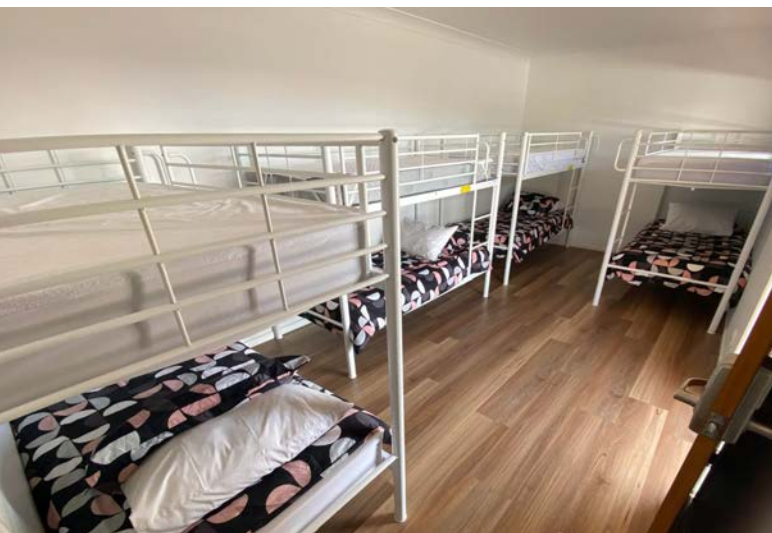
- 10 x tents available
- Sleeps 2 per tent (king bed or twin share bedding arrangements available)
- Bedding, towels, electric blankets, lighting & heaters included
- Shared bathroom and toilet facilities
- Access to communal Camp Kitchen

FAMILY BUNKHOUSES

- 3 x Rooms available
- Sleeps up to 8 people per room
 - 1 x Single Bunk
 - 2 x Triple Bunks (i.e. double bed on the bottom, single on top)
- Bedding, towels, mini fridge, basic tea & coffee, power access, and airconditioning included
- Shared bathroom and toilet facilities
- Access to communal Camp Kitchen

STANDARD BUNKHOUSE

- 15 x rooms available
- Sleeps 8 per room (4 single bunks per room)
- BYO linen
- Shared bathroom and toilet facilities
- Access to communal Camp Kitchen



Facilitated Activities



Environmental Care
& Sustainability



Technology,
Entrepreneurship & Innovation



Social & Emotional
Well-being



Outdoor Education
& Leadership

Are you looking to provide your guests or staff with a great bonding experience during your stay at Reflections? Why not arrange for our staff to facilitate a session for you? Our team consists of qualified and experienced outdoor educators, teachers, psychologists, therapists, and event managers which uniquely positions us to be able to develop and deliver personalised, purposeful, and targeted programs for our clients. Whether its a team building exercise, practicing mindfulness, or just getting out and having some good old fun, we're sure to have the activity for you! Please note that activities marked with an * are part of our Premium Activities range and may incur a surcharge. We have an Activities Booklet available with further descriptions of each activity. Check out an overview of our range of facilitated onsite activities below:



OUTDOOR EDUCATION & LEADERSHIP

Activities run by our qualified outdoor education team to get you moving, thinking, and working as a team!

- Giant's Ladder
- Leap of Faith
- Islands in the Sky
- Vertical Playground
- Milk Crate Stack
- Tryolean Traverse
- Zipline
- Canoeing *
- Raft Building
- Mountain Biking*
- Archery
- Orienteering
- Amazing Race*
- Catapult Building
- Bush Walks
- Night Hikes
- Team Building Activities
- Initiative Activities
- Camp Craft
- Camp Cooking
- Camp Fires





SOCIAL & EMOTIONAL WELL-BEING*

Sessions facilitated by our friends from Mindware Psychology to promote mindfulness in the workplace

- Myth of Multitasking
- Values and Behaviour Change in the Workplace
- Burnout Busters: Build Team Energy
- Mental Health in Times of Change
- Mental Health 101 for Leaders
- Achieving Work Life Balance
- How to Survive and Thrive when Life throws Curve Balls
- Mindfulness in the Workplace
- Brain 101: Get your Brain License
- Connections & Healthy Relationships
- The Turtle Brain & Stress
- Seeing is not Believing
- The Happy Four
- Exploring our Senses
- The Backwards Bike
- Who is on your Bus? The impact of Thoughts
- Self Compassion VS Self Esteem
- Workplace Bullying & the Brain
- Reflect to Connect
- Maximising your Memory: The Hippo in your Brain
- Focussed & Creative Attention
- Grit & Attitude - Tools for Managing Life's ups and downs
- Positivity and the Brain



ENTREPRENEURSHIP & INNOVATION*

Crash course workshops designed to create cohesion and meaning within your workplace

- Dare to Risk
- Dare to Dream
- Falling Forward - the Power of Failure
- Navigating YOUR Mountain - Building the Innovation
- Define your Story - What is your Business Elevator Pitch?
- We all contribute to success
- Turn your VISION into ACTION
- Team Development of your Mission Statement
- Understanding your Business Inside Out
- Dynamic Team Strategy Development
- Reflect & Connect with your business purpose "Break down Silos"



ENVIRONMENTAL CARE & SUSTAINABILITY

Workshops designed to foster a sense of awareness, respect, and care for our natural surroundings

- Aquaponics
- Waste Management
- Fresh Water Ecology
- Recycling
- Composting
- Life Cycle of Invertebrates
- Australian Native Plants
- Weed Erradication
- Eco-system of Lake Cooby
- Food Production



2 Day Retreat Sample Itinerary

Not sure how to go about planning your Retreat? See the Sample Itinerary below for some inspiration!!

DAY 1		
TIME	DAY	
9:00am	Arrival	
9:00 - 9:30am	Site Introduction & Safety Briefing Morning Tea	
9:30 - 10:00am	Move into accommodation	
10:00 - 12:00pm	Activity Session 1 Team Building & Initiatives - Group formation for Amazing Race on Day 2 🚣	
12:00 - 1:00pm	Lunch	
1:00 - 3:00pm	Activity Session 2 (choose 1)	
	Canoeing 🚣	Aquaponics 🌱 Mountain Biking 🚴
3:00 - 5:00pm	Activity Session 3 Burnout Busters - Build Team Energy 🧠	
5:00 - 6:00pm	Free Time	
6:00 - Late	Dinner & Guest Speaker Gourmet Camp Cooking Experience	

DAY 2		
TIME	DAY	
7:00 - 8:00am	Breakfast & Move out of Accommodation	
8:00 - 12:00pm	Activity Session 1 Amazing Race 🚣 (Morning Tea on the run)	
12:00 - 1:00pm	Lunch	
1:00 - 3:00pm	Activity Session 2 Reflect & Connect with your Business Purpose 💡	
3:00 - 3:30pm	Afternoon Tea	
3:30pm	Depart	



Package Inclusions

CATERING

- Use of our camp kitchen for self catering
- BYO Drinks

VENUE

- Dry hire of one onsite event location for your own workshops, team building activities, and seminars (self set up required)
- Chairs & tables for your guests
- Use of our Bunya View Fire Pit + fire wood

ACCOMMODATION (overnight stays) + \$40pp/night

- Accommodation in our air conditioned bunk rooms (BYO linen)
- Linen packages available
- Upgrades to our Bell Tents & Cooby Lake-house available

OPTIONAL EXTRAS

- Catering
 - Homestyle Menu
 - Corporate Menu
 - Gourmet Camp Cooking Experience (dinner add on)
 - Commercial Kitchen Hire (food licence required)
- Venue
 - Use of additional event spaces
 - Use of additional furniture
 - Use of decor items
- Accommodation
 - Bell Tents (King & Twin Share available)
 - Cooby Lake House
 - Linen packages
- Specialised workshops and activities (see page 5-6)
- Set up of event locations by Reflections staff

Prices starting at \$50 per person/day

min. 15 guests | 30% surcharge on weekends



Catering Options

At Reflections, Lake Cooby we have catering options to suit every occasion and budget. Whether it's self-catering, meals from our Homestyle Menu, options from our Corporate Menu, or our Gourmet Camp Fire Cooking Experience, there's something that will perfectly complement your event!

Homestyle Menu

BREAKFAST

- **Continental Breakfast** - fresh seasonal fruit platter | cereals | toasting station | traditional condiments | juice | tea & coffee
- **Hot Breakfast** - bacon | scrambled eggs | toasting station | hashbrowns | juice | tea & coffee
- **Bacon & Egg Rolls/Wraps**

MORNING TEA | AFTERNOON TEA

SAVOURY OPTIONS

- House Made Pork & Fennel Sausage Rolls
- Lamb & Rosemary Mini Pies

SWEET OPTIONS

- House Baked Buttermilk Scones - whipped cream | strawberry jam
- House Baked Muffins - white chocolate & raspberry | buttermilk, apple & walnut | pistachio & raspberry friands
- Fresh baked cookies
- Platter of Seasonal Fruit

LUNCH

- **Loaded Baked Potatoes** w/ mexican beef mix, sour cream & cheese
- **Chicken Pasta Bake** w/ garden salad
- **Burgers** - stone baked rolls, beef patty, and all the trimmings for m.y.o burgers
- **Sausage Sizzle** - stone baked rolls, sausages, steakettes, garden salad

DINNER

- **Char Sui Chicken** w/ fried rice and steamed greens
- **Pizza Station** - choice of 2 pizzas (list below) | served with classic green salad & dressing
 - Classic Margarita - fresh mozzarella, heirloom tomatoes, basil, tomato base
 - BBQ Chicken, Avocado & Mozzarella - ranch drizzle, BBQ base
 - Pulled Pork, Caramelised Onion & Feta - tomato base
 - Pesto Chicken, Cherry Tomato, Fresh Mozzarella, Rocket - white sauce base
 - Vegetarian - artichoke, fire roasted red capsicum, spiced butternut, pine nuts, feta cheese, tomato base
- **Pasta Station** - choice of 2 pastas (list below) | served with classic tossed salad & dressing
 - Rigatoni pasta | creamy tomato sauce | baby spinach | grana padano | extra virgin oil (v)
 - Beef & 3 cheese lasagne

Gourmet Camp Fire Cooking Experience - *optional upgrade* enquire within

Corporate Menu

BREAKFAST

- **Continental Breakfast** - fresh seasonal fruit platter | greek yoghurt | house made bircher museli | crossiants | cereals | toasting station | traditional condiments | juice | tea & coffee
- **Hot Breakfast** - bacon | baked beans | sauteed mushrooms | scrambled eggs | toasting station | hashbrowns | juice | tea & coffee
- **Bacon & Egg Rolls/Wraps**

MORNING TEA | AFTERNOON TEA

SAVOURY OPTIONS

- Mini Croissants - ham, roma tomato, cheddar rocket | smoked salmon, watercress, caper cream sauce
- Individual Quiche - asparagus & goats cheese | bacon & feta, cherry tomato, confit onion | charred sweet corn & red pepper | spinach & herbed ricotta
- House Made Pork & Fennel Sausage Rolls
- Lamb & Rosemary Mini Pies

SWEET OPTIONS


- House Baked Buttermilk Scones - whipped cream | strawberry jam
- Tray Baked Cake Range - carrot cake w/ walnuts & traditional frosting | orange & almond cake | New York style baked cheesecake | dark chocolate & walnut brownies w/ raspberries
- House Baked Muffins - white chocolate & raspberry | buttermilk, apple & walnut | pistachio & raspberry friands
- Fresh baked cookies
- Platter of Seasonal Fruit

LUNCH

- **Turkish Bread Sandwiches & Stone Baked Rolls** - ham, cheese, tomato | BLT | turkey, cranberry, rocket & cream cheese | salami w. pesto & mediterranean veg | rotisserie chicken w. salad, Japanese mayo & eschallots
- **Pasta & Salad** - chicken & cheese pasta bake | spinach & ricotta cannelloni | olive cibatta bread | green salad | heirloom tomato & cucumber salad w. Greek feta & spanish onion
- **Curry & Rice** - Malay lamb curry w. basmati rice | vegetable & red lentil curry | potato w. tumeric, mustard seeds & fried curry leaves | roti | papadum | sambal
- **Roasts & Rolls** - roast beef | roast pork | artisan baked bread rolls w. butter | green salad w. house ranch dressing | potato salad w. sour cream & cider dressing | gravy | apple sauce | mustard & condiments
- **Chicken Noodle Stir Fry**

DINNER

- **Burger & Slider Station** - stone baked bread rolls | beef & chicken patties & all the trimmings for m.y.o. burgers | pulled pork sliders w. bourbon BBQ sauce & red cabbage slaw | spiced chicken sliders w. chipotle mayo & slaw
- **Mexican Station** - assorted Mexican inspired dishes | fajita & tacos - beef, chicken & vegetarian



options | beef short ribs | charred sweet corn w. smoked paprika butter | potato salad | coleslaw | bourbon BBQ sauce | all the trimmings

- **Pizza Station** - choice of 2 pizzas (list below) | served with classic green salad & dressing
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 - Beef & 3 cheese lasagne
- **Camp Fire Cooking Experience** - *optional upgrade* enquire within

MAKE A BOOKING



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