



I W D
2026

MARCH 7TH - 8TH
MADRID, SPAIN





A DAY FULL OF PURPOSE

This is a full-day experience designed to energize women, build confidence, strengthen communication, and give teams a genuinely transformative day together.

It blends physical activity, mindset work, and practical self-protection — all delivered in a supportive, no-pressure environment for ALL levels.



This is not a token IWD gesture — this is a genuine experience where we want women to leave with an elevated confidence and to feel inspired to continue playing sport throughout their adult lives.

WHAT TO EXPECT

THE IWD TEAM EXPERIENCE GAMES

A fun, confidence-boosting blend of friendly matches, movement, and team challenges designed to bring women together, break comfort zones, and celebrate International Women's Day through play.

SELF DEFENCE + BODY LANGUAGE TRAINING

A powerful, practical session led by a specialist, teaching women how to protect themselves, project confidence and understand the psychology behind boundary-setting and presence

MINDFULNESS & RESET SESSION

A guided moment to breathe, decompress and reconnect — helping participants reduce stress, sharpen focus and return to work feeling grounded.

IWD Networking Social

A relaxed, celebratory gathering where women connect across departments, share experiences and build meaningful professional relationships in honour of International Women's Day.





WHY IS THIS SO IMPORTANT?

- Only 4% of women engage in group sports.
- 62% avoid sport due to body judgement fears.
- Team sport is linked to a 41% lower risk of anxiety and depression.
- Builds confidence quickly through shared challenge.
- Gives women a chance many never had: a fun, judgment-free first step into sport.
- Physical activity boosts mood, focus, and resilience.
- Self-defence builds everyday confidence and boundary-setting.
- Mindfulness reduces stress + mental load.
- Women need community — shared experiences create instant trust.
- A women-only networking space feels safe, energising, and connective.
- Holistic empowerment: movement, mindset, wellbeing, connection — all in one day.



WHY THIS IS BENEFICIAL TO WOMEN AND YOUR ORGANISATION

Builds braver, more confident employees

- Stepping outside comfort zones (sport + self-defence) strengthens presence, courage, and initiative — all of which show up at work.

Breaks hierarchy barriers

- Sport puts everyone on the same starting line, boosting trust, collaboration, and real team cohesion across all levels.

Strengthens internal female networks

- Shared physical challenges and wellness activities connect women across departments in a way meetings simply can't.

Improves wellbeing and reduces stress

- Movement and mindfulness sharpen focus, boost mood, and support mental health — creating happier, more energised teams.

Develops assertiveness

+communication skills

- Alicia's self-defence psychology teaches boundary-setting, confident posture, and clear, impactful communication.

Shows genuine commitment to women's development

- Experiences like this boost motivation, loyalty, and the sense that the company truly invests in its female talent.



IWD 2026 – ONE-DAY WOMEN'S EMPOWERMENT EXPERIENCE

Includes:

- The IWD Team Experience Games
- Self-defence & body language training
- Mindfulness & recovery session
- Lunch prepared by Atlético Madrid Chef
- Enhanced coffee break
- Professional coaches, facilitators & medical cover
- Insurance, equipment & photography
- Return transport from central Madrid (Plaza Castilla / Atocha)

Pricing

- Minimum booking (up to 15 participants):
€5,999 + IVA (Flat Fee)
- 16–29 participants:
€379 per person + IVA
- 30+ participants:
€299 per person + IVA



OPTIONAL UPGRADES (LOCAL COMPANIES)

Customise your IWD Experience

Includes:

- Atlético Madrid Training Pitch Experience – €800 + IVA
- Extended Networking Drinks Package – from €25 pp + IVA
- Branded Team Bibs & Equipment – €350–€500 + IVA
- Office Pick-Up Transport Upgrade – quoted per location
- Additional Specialist Workshops – priced on request

(Optional enhancements to elevate your team's experience.)



2-DAY IWD WOMEN'S EMPOWERMENT RETREAT – GUADARRAMA, MADRID

A fully hosted, two-day International Women's Day experience for companies bringing teams from abroad.

Includes:

- 2-day empowerment programme
- Full-board accommodation (1 night)
- All Day 1 activities (sport, self-defence, mindfulness, networking)
- Day 2 movement & team connection programme
- Professional facilitators, coaches & medical team
- All equipment, insurance & photography
- Transfers to/from Madrid or airport



DAY TWO: MOVEMENT, CONNECTION & CONFIDENCE

A flexible half-day programme tailored to your team

Day Two may include:

- Stretching & mobility sessions
- Strength & conditioning workshops
- Padel/canoeing session (weather permitting)
- Confidence & communication coaching
- Mindfulness / breathwork
- Indoor team challenges

Followed by a relaxed lunch before transfers back to Madrid or the airport

(Activities are adapted to group preference and weather conditions.)



INTERNATIONAL PRICING (UK COMPANIES)

Pricing Structure

- Minimum package: £5,000
- (covers up to 10 participants)
- Additional participants: £450 per person
- 20+ participants: £425 per person



Recommended Add-On

Friday Night Arrival (Optional)

- Hotel night + breakfast
- Late check-in welcome drink (optional)

£145 pp

This structure ensures a high-quality, fully facilitated experience while allowing flexibility for different team sizes.





NEXT STEPS

- Confirm preferred date(s)
- Share approximate participant numbers
- Receive a tailored proposal within 24 hour

Got any questions?

Contact us -

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