

# AVT Unveils Compelling Evidence of Outdoors - Inspired Corporate Retreats' Positive Impact on the Workplace

*Artisan Venture Tours (AVT) dives into scholarly evidence supporting outdoor activities' impact on the workplace and their execution during corporate retreats.*

BOZEMAN, MONTANA, UNITED STATES, November 7, 2023 /EINPresswire.com/

-- Artisan Venture Tours (AVT), a [corporate retreat planner](#) headquartered in the outdoorsy state of Montana, specializes in curating outdoor team experiences in the new world of a remote workforce. Today, AVT dives into the evidence supporting the notable benefits of engaging in [outdoor activities](#) with coworkers

during a company retreat. Whether a retreat is held in the mountainous landscapes of Montana or in the inspiring destinations they offer across the globe, AVT's purpose is to support a healthy, happy, balanced, and cohesive work environment.



At Artisan Venture Tours, we're committed to creating outdoor experiences that not only build better teams but also build better lives."

*Sydney Graham - Director of Sales and Marketing, Artisan Venture Tours*



Extensive research emphasizes the positive impact of outdoor [team-building](#) activities:

**Stress Reduction:** Often the 9-5 grind leads to burnout and high stress as is, but since the COVID-19 pandemic, the World Health Organization has estimated a 25% increase in anxiety and depression around the Globe (COVID-19 pandemic triggers, 2022). A study published by Environmental Health and Preventive Medicine finds immersion in a forest environment significantly lowers

stress hormones, such as cortisol, and reduces anxiety and depression scores (Li, 2022).

Increased Team Cohesion and Bonding: Engaging in outdoor activities with a group cultivates camaraderie. A study conducted at the annual Ten Tors Challenge (TTC) in the United Kingdom provided evidence for the psychological connections between interdependence, support, team bonding, and well-being resulting from an outdoor team challenge (Cohen et al., 2023).

Increased Job Performance: A study led by Outward Bound illustrates the remarkable impact of outdoor team activities on participants' performance. Over just four days in a natural setting, there was a notable 50% increase in performance, highlighting the transformative power of engaging with the outdoors (Atchley et al., 2012). This finding supports the positive effects of outdoor experiences in enhancing team dynamics and individual career growth.

In an era dominated by virtual connections, Artisan Venture Tours emphasizes the profound impact of reconnecting face-to-face in a natural setting. In Montana or on global corporate retreat adventures, boosting team performance, success, and well-being.

For additional information regarding Artisan Venture Tours' outdoor-inspired corporate retreats, please get in touch with the contact information provided or visit [artisanventuretours.com](https://artisanventuretours.com).

Sources:

World Health Organization. (2022, March 2). COVID-19 pandemic triggers 25% increase in prevalence of anxiety and depression worldwide. WHO. <https://www.who.int/news/item/02-03-2022-covid-19-pandemic-triggers-25-increase-in-prevalence-of-anxiety-and-depression-worldwide>.



Team hike near Trail Creek, Montana



Exploring Saxon Switzerland National Park, Germany

Li, Q. (2022). Effects of forest environment (Shinrin-yoku/Forest bathing) on health promotion and disease prevention —the Establishment of “Forest Medicine”—. *Environmental Health and Preventive Medicine*, 27(0), 43–43. <https://doi.org/10.1265/ehpm.22-00160>

Cohen, E., Davis, A. J., & Taylor, J. (2023). Interdependence, bonding and support are associated with improved mental wellbeing following an outdoor team challenge. *Applied psychology. Health and well-being*, 15(1), 193–216. <https://doi.org/10.1111/aphw.12351>

Atchley, R. A., Strayer, D. L., & Atchley, P. (2012). Creativity in the wild: improving creative reasoning through immersion in natural settings. *PloS one*, 7(12), e51474. <https://doi.org/10.1371/journal.pone.0051474>

Sydney Graham  
Artisan Venture Tours  
+1 406-222-2411

[email us here](#)

Visit us on social media:

[Facebook](#)

[Twitter](#)

[LinkedIn](#)

[Instagram](#)

---

This press release can be viewed online at: <https://www.einpresswire.com/article/666737297>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2023 Newsmatics Inc. All Right Reserved.