

# The Strategic Edge Provides A Behind The Scenes Look At Corporate Retreats

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The Strategic Edge, a company founded by Meredith Gardner Ph.D., delivers in-house corporate training to increase emotional intelligence and communication. They also develop corporate retreats, which are known to be highly beneficial in terms of obtaining real and measurable results. They now want to provide people with a behind the scenes look at what happens during these retreats. More information about The Strategic Edge and the corporate training they offer can be found at their website at <http://www.strategic-edge.com>.

According to Meredith Gardner, the benefits of corporate retreats are countless and include the ability to set new and common company goals through team building activities. Such events also allow businesses to initiate valuable training and improve overall communication. She explains: "A retreat is a type of group getaway in which the members of that group take time to form bonds with one another, contemplate their purpose and motives, and work on one or more specific goals. Retreats are essential for strategic analysis and planning."

It is common for retreats to be organized once per year, often at a remote location, so participants can truly focus on the necessary strategic issues. Corporate retreats are known too solidify management teams, making them more effective and better strategic planners. Staff retreats, meanwhile, allow staff members to form stronger bonds, contemplating their motives and purpose and work towards specific goals.

A company retreat, meanwhile, is not just for big business. Gardner says: "A company retreat allows them to regroup and rediscover their passion for their work. When they return, their stress levels will be lower, meaning they'll have the energy to work as hard as necessary without sacrificing quality."

The Strategic Edge, which also offers specific corporate training services to those involved in the IT industry as shown on the website <http://www.strategic-cio-solutions.com>, also provides facilitation services during such retreats. This ensures that businesses are fully prepared and everyone can participate, discuss, and focus on results. Gardner takes a customized planning approach for this, focusing on the why, when and how of successful retreats. She ensures that she understands the goals and objectives, developing activities that

are best suited.

Businesses interested in corporate, staff, and company retreats are encouraged to review Meredith Gardner's particular experience in this area and to contact her for further information through her LinkedIn page at <http://linkedin.com/in/meredithgardnerphd>.

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For more information about The Strategic Edge, contact the company here: The Strategic Edge  
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## **The Strategic Edge**

*The Strategic Edge is an Interpersonal Communication Company. Meredith Gardner, Ph.D., is a noted behavioral psychologist, author, speaker & media guest.*

*Services:*

*Exec Coaching B2B Mediation/Conflict Resolution*

*Seminars*

*Facilitation*

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