

## Fit for Work with Brain Food.

How many times have you attended a conference or a seminar, only to find your concentration starting to wander? Did you know that our average concentration span during a presentation or a speech can be as low as 40 minutes?

That is why we have created this special „Fit for Work“ package, to power you through your presentations with ease!

„Fit for Work“ Daily Delegate Rate includes professional conference organisation, room rental fee for the main meeting room, standard technical equipment, coffee welcome reception with coffee, tea and freshly-squeezed juices to guarantee a fresh start, 2 coffee breaks with special Brain Food snacks and a 3-course lunch that includes a nutritious Brain Drink.

92 € per person bookable as off 20 delegates.

97 € per person bookable as off 10 delegates.



In our program „Focused Meetings“ you will find different modules such as „Braingym“, „Bürobic“, „Blitzentspannung“, with which you can set a refreshing course to boost your brain power without having to change the order of your meeting.

## Power Break.

Competent instructors will show you how you can boost your circulation and recharge your batteries.

## Power Food.

All drinks and food which will be served during your meeting, have been designed under Brain Food considerations.

## Power Staff.

Please do contact our banqueting team for all questions, wishes or requests on +49 69 215 - 120 or by e-mail to [bankett@frankfurter-hof.steigenberger.de](mailto:bankett@frankfurter-hof.steigenberger.de)