



Zuidas Summer Fest

— AMSTERDAM - WTC —
BY LATIN STARS FACTORY

CORPORATE WELLNESS & LEADERSHIP SESSIONS

MOVE • CONNECT • THRIVE



DAY 1 | THURSDAY, 3 SEPTEMBER 2026

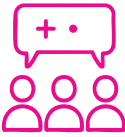
12:00 PM – 05:30 PM

ZUIDPLEIN, WTC AMSTERDAM

CORPORATE ATTENDEES

TIME	DURATION	SESSION	PURPOSE / FOCUS	SPEAKER / FACILITATOR
12:00 - 12:55	0:55	 NETWORKING WELCOME / HEALTHY LUNCH RECEPTION	Purpose - Tracks Start relaxed with networking, light food and sponsor interaction.	Network Lunch Guests arrive; light healthy bites; coffee, water and juices; meet speakers; meet wellness partners; booths and health checks open.
12:55 - 13:00	0:05	 OFFICIAL OPENING FROM WTC, IN2MATRIX & HOFF	Purpose - Tracks Set the purpose and explain today's event and future plans.	Welcome by Gerard from In2Matrix Femke from WTC & HOFF Management
13:00 - 13:30	0:30	 THE BENEFITS OF EMPLOYEE WELLBEING	Purpose - Tracks Improves wellbeing, focus, energy, motivation, and workplace performance.	TBC Wellbeing HR & Employee Marketing Expert
13:30 - 14:00	0:30	 MENTAL HEALTH & WORKPLACE AWARENESS TALK	Purpose - Tracks Recognize stress signals and support better mental health.	TBC Mental Health Speaker
14:00 - 14:30	0:25	 WORKSHOP: 10 HEALTHY EXERCISES YOU CAN DO AT WORK	Purpose - Tracks Learn simple workplace exercises to reduce daily body tension.	TBC Wellness Coach
14:30 - 15:00	0:30	 BREAK / HEALTH CHECKS / SPONSOR BOOTHS / PHOTO	Purpose - Tracks Move guests through health checks and sponsor area.	Sponsors & Health Partners
15:00 - 15:30	0:30	 FINANCIAL HEALTH FOR EMPLOYEES	Purpose - Tracks Practical money tips to reduce financial stress at work.	TBC Financial Advisor
15:30 - 16:00	0:30	 PHYSICAL RESET SESSION: OFFICE YOGA & DESK STRETCHES	Purpose - Tracks Quick yoga and stretching reset for body and mind.	TBC Yoga Instructor
16:00 - 17:30	1:30	 NETWORKING DRINKS / CLOSING GATHERING / HEALTH CHECKS	Purpose - Tracks End with community, light music and sponsor conversations.	Event Host & Sponsors



**INSPIRING TALKS**
Insights from experts
to empower your
work and life.

**WELLNESS FOCUS**
Practical sessions to
boost your mental
and physical health.

**MEANINGFUL
CONNECTIONS**
Build relationships
and grow your
professional network.

**REAL IMPACT**
Actionable takeaways
you can apply
every day.

PROUDLY SUPPORTED BY

**WORLD TRADE
CENTER®
AMSTERDAM**
Community connector &
location partner

**HOFF
AMSTERDAM**
Offices & Meeting Rooms
Amsterdam's most exclusive offices

**In2Matrix™**
Global Insurance Solution

MOVE • CONNECT • THRIVE