



connection with self.
connection with others.
connection with nature.

about us

A Tranquil Retreat at Woodhouse.

Just 25 minutes from Adelaide's CBD, Woodhouse Adventure Park offers a peaceful sanctuary for rejuvenation and connection. SEEONEE, our multi-purpose wellness and conference centre, is nestled within 54 hectares of native bushland in Piccadilly.

Thoughtfully designed to blend with the natural surroundings, SEEONEE provides a calm, light-filled environment ideal for reflection, growth, and team connection. Expansive views, fresh air, and the rhythms of nature support mental and emotional wellbeing, making it the perfect setting for corporate workshops and wellness retreats.

Whether you're a workplace, school, or community group, our tailored programs foster genuine care, resilience, and wellbeing - helping teams thrive in and out of the office.

venue and packages

venue hire

SEONEE features two spacious rooms (6.5mx 10.8m) and a fully equipped galley kitchen. Each room is equipped with:

- 75" wall mounted television
- 4 wall mounted speakers with wireless connectivity + microphone
- Reverse cycle air conditioning and ceiling fans
- Tables (150cmx75cm) and sleek black chairs
- White boards and markers

add catering

Enjoy fresh, local food from our in-house team or local artisans, or BYO catering. Full menu at woodhouse.org.au/seeoneecatering.

add curated wellness workshops or team building

Inspire and energise your team with engaging workshops combining positive psychology, movement, meditation, and nature-based activities (see Woodhouse Wellness Programs)

Flexible Formats:

- 1.5 hours: Quick, impactful reset
- 3 hours: Deeper engagement
- Full day: Immersive experience

Customised to your team's needs, with accommodation options for longer retreats and traditional team building activities incorporating our unique activities also available. Please call or email to discuss.

woodhouse wellness programs



awaken: build your own experience

A rejuvenating workshop focused on mind, body, and spirit. Choose from a menu of nature-based and holistic wellness activities designed to calm the nervous system, boost resilience, and strengthen connections with yourself and your team.



healthy habits

Discover how simple daily habits can boost wellbeing, focus, and workplace performance. This session equips teams with practical, sustainable tools and concludes with an optional whole-food meal to reinforce healthy habits in action.



stress less - breathe more

Learn to identify workplace stressors and build practical strategies for positive change. This session explores mindfulness, meditation, and growth mindset tools to help you feel calmer, more focused, and better equipped to manage stress.



belonging matters

Foster a workplace where everyone feels valued and included. This workshop helps teams explore belonging, psychological safety, and connection - building stronger, more inclusive, and cohesive workplace cultures.



resilience - thriving through change

Build the skills to adapt, recover, and thrive through workplace challenges and change. This practical session helps teams stay connected to purpose and values while developing tools to navigate stress with strength and intention.



leadership for wellbeing

Empowered, intentional leadership drives healthy workplace culture. This workshop equips leaders with tools to foster trust, psychological safety, and inclusion - creating environments where people feel valued, engaged, and inspired.



no 'i' in team: team building & development

Each team is unique, so we offer customisable experiences tailored to your goals - whether enhancing leadership, boosting morale, or simply having fun. From collaborative problem-solving tasks to friendly competitions, our activities build stronger connections, improve communication, and foster lasting camaraderie.



Empowering happier, healthier, more
connected workplaces through
personalised wellness programs designed
for your people and culture.



Contact us

37 Spring Gully Road, Piccadilly SA
(08) 8339 3333

wellness@woodhouse.org.au
woodhouse.org.au/wellness