

PROJECT 120

A BETTER WEEK STARTS OUTDOORS

Helping organizations improve employee wellbeing through one simple habit: 120 intentional minutes outdoors every week.



NATURE

Reconnect with the natural world.



PEOPLE

Strengthen connection with others and yourself.



WELLBEING

Support mental, emotional, and physical health.



POSSIBILITIES

Create healthier cultures where people thrive.

WHY WE EXIST

Workplaces are changing. Wellbeing needs a new approach.

The workplace has never been more connected—and people have never felt more disconnected.



BURNOUT

Energy is low and exhaustion is high.



RISING STRESS

Pressure is constant and recovery is rare.



SCREEN FATIGUE

Too much time online, not enough time outside.



INFORMATION OVERLOAD

Our minds are full and our focus is scattered.



DISCONNECTION

We're more isolated than ever.



Project 120 offers something refreshingly simple:
a reason to step outside.



Project 120 helps organizations build healthier, more connected, and more resilient teams through intentional time outdoors.

Better teams. Stronger culture. Healthier people.

WHAT IS PROJECT 120?

One Simple Habit. *Powerful* Impact.

Project 120 is a workplace wellbeing methodology built around one powerful idea:

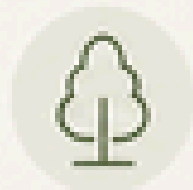
People thrive when they spend intentional time outdoors.

Our framework helps organizations turn research into practical habits employees actually enjoy. Through accessible outdoor experiences, guided reflection, and meaningful connection, Project 120 becomes part of everyday culture — not just another wellness program.



SIMPLE

Easy to understand.
Easy to start.



ACCESSIBLE

Designed for real life
and real environments.



MEANINGFUL

Builds connection
and strengthens culture.



SUSTAINABLE

Creates habits that
last beyond the program.



Small moments outdoors lead to stronger minds,
kinder teams, and healthier workplaces.

A better week starts outdoors. 120

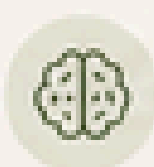
THE PROJECT 120 FRAMEWORK

A Simple Framework. *Lasting Wellbeing.*

Project 120 turns the proven benefits of time outdoors into a practical framework that organizations can easily adopt and employees love to use.



Why it works.



Rooted in Science

Backed by decades of research on nature and wellbeing.



Built for People

Designed for real life, real schedules, and real teams.



Sustainable by Design

Creates habits that stick—and cultures that thrive.



One simple habit. Six intentional steps.
A healthier, more connected workplace.

Better teams. Stronger culture. Healthier people. &

WHAT WE OFFER

Solutions for *Healthier Workplaces.*

Project 120 offers flexible, nature-based experiences that meet your team where they are.



WORKPLACE CHALLENGES

Four-week employee wellbeing experiences that build habits and boost engagement.



LEADERSHIP RETREATS

Nature-based leadership development that inspires clarity, connection, and purpose.



LUNCH OUTSIDE INITIATIVE

Encouraging outdoor breaks that restore energy and improve focus.



WALKING MEETINGS

Creative conversations that spark ideas and strengthen relationships.



MENTAL HEALTH MONTH

Ready-to-launch outdoor programming that supports mind and body.



CUSTOM EXPERIENCES

Built specifically for your organization's goals, culture, and people.



From simple initiatives to immersive experiences, we help you build a culture that thrives.

Better teams. Stronger culture. Healthier people. &

HOW WE PARTNER

We Make It Easy *to Bring the Outdoors In.*

We partner with organizations to design, implement, and support meaningful outdoor wellbeing experiences that fit your culture, goals, and team.



OUR PARTNERSHIP PROMISE



WE LISTEN FIRST

We learn about your team, your goals, and what success looks like for you.



WE DESIGN TO FIT

Every solution is customized to your culture, schedule, and workplace realities.



WE MAKE IT SIMPLE

We handle the details, resources, and guidance so you can focus on your people.



WE MEASURE WHAT MATTERS

We track impact and share insights that show real results—inside and outside the workplace.



You bring
THE PURPOSE.

We bring
THE PATHWAY.

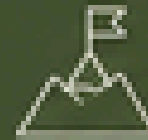
Together, we create
healthier people,
stronger teams, and
a thriving culture.



A TRUE PARTNERSHIP.
MEANINGFUL IMPACT.



Collaborative
from start
to finish.



Aligned with
your mission
and goals.



Focused on
people, culture,
and community.



Built for long-term
wellbeing that
lasts.

HOW WE PARTNER

A Simple Process. Meaningful Impact.

We make it easy for your team to build healthy habits through intentional time outdoors.



OUR PROMISE

We show up as a partner,
not just a provider.
Your goals shape
our process.



01 DISCOVER

We learn about your organization, goals, challenges, and what success looks like.



02 DESIGN

We co-create a customized Project 120 experience tailored to your team, culture, and timeline.



03 LAUNCH

We provide everything you need to kick off with confidence—toolkits, resources, and communication support.



04 ENGAGE

Your team participates in outdoor recipes, challenges, and reflection experiences that build connection and wellbeing.



05 MEASURE

We track participation and impact with simple metrics and provide insights that show what matters.



06 CELEBRATE

We celebrate wins together and help you sustain momentum for lasting culture change.



THE IMPACT WE CREATE

Stronger Teams. *Healthier People.* Lasting Impact.

When teams spend intentional time outdoors,
everything changes—for individuals, organizations,
and communities.



IMPROVED WELLBEING

Lower stress, better mood, more energy, and stronger mental resilience.



STRONGER CONNECTION

Deeper relationships, improved communication, and a greater sense of belonging.



INCREASED FOCUS & CREATIVITY

More clarity, better problem solving, and fresh ideas.



BETTER PERFORMANCE

Engaged employees, healthier teams, and measurable results that matter.

“

The natural world holds the key to our aesthetic, intellectual, cognitive and even spiritual satisfaction.

— E.O. Wilson



Ready to bring the outdoors in?
Let's build a culture of wellbeing—together.



helloproject120@gmail.com



www.myproject120.com



[@myproject120](https://www.instagram.com/myproject120)

IMAGINE THIS...

Small Moments. *Big Impact.*



A manager begins every Tuesday with a walking meeting.



A team spends lunch together in the park.



Employees receive a weekly outdoor recipe instead of another email.



Departments celebrate Outdoor Week together.



Small moments.
Meaningful change.
One healthier culture.



A manager begins every Tuesday with a walking meeting.



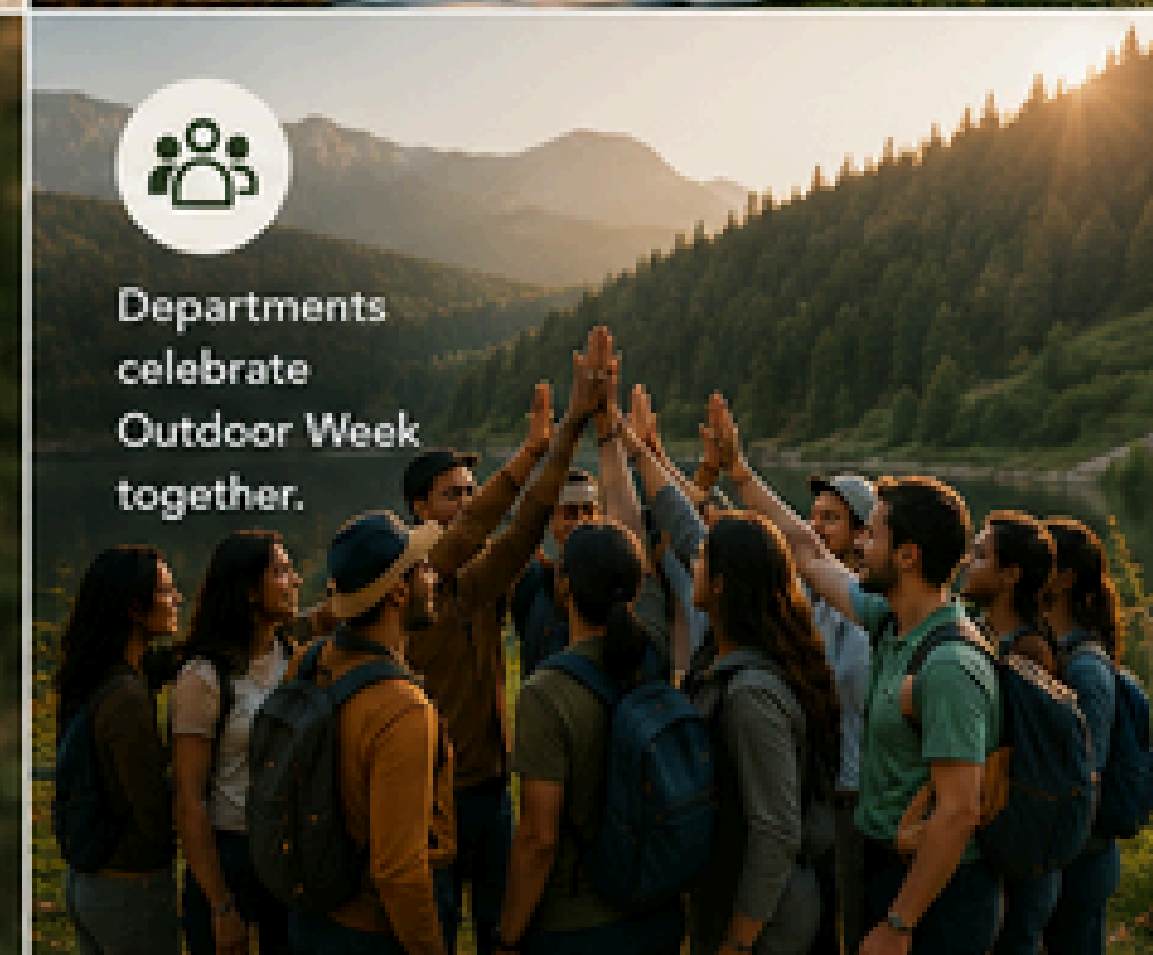
A team spends lunch together in the park.



Employees receive a weekly outdoor recipe instead of another email.



Departments celebrate Outdoor Week together.



SMALL MOMENTS. MEANINGFUL CHANGE.

One healthier culture.

THE RESULTS SPEAK FOR THEMSELVES

Real Results. *Real Impact.*

Organizations that integrate outdoor wellbeing experiences see measurable improvements in people, performance, and culture.



82%

reported improved mood and reduced stress.



67%

felt more connected to their team and colleagues.



58%

said they were more focused and productive after outdoor experiences.



91%

want their organization to continue offering outdoor wellbeing opportunities.



TRUSTED BY ORGANIZATIONS COMMITTED TO WELLBEING

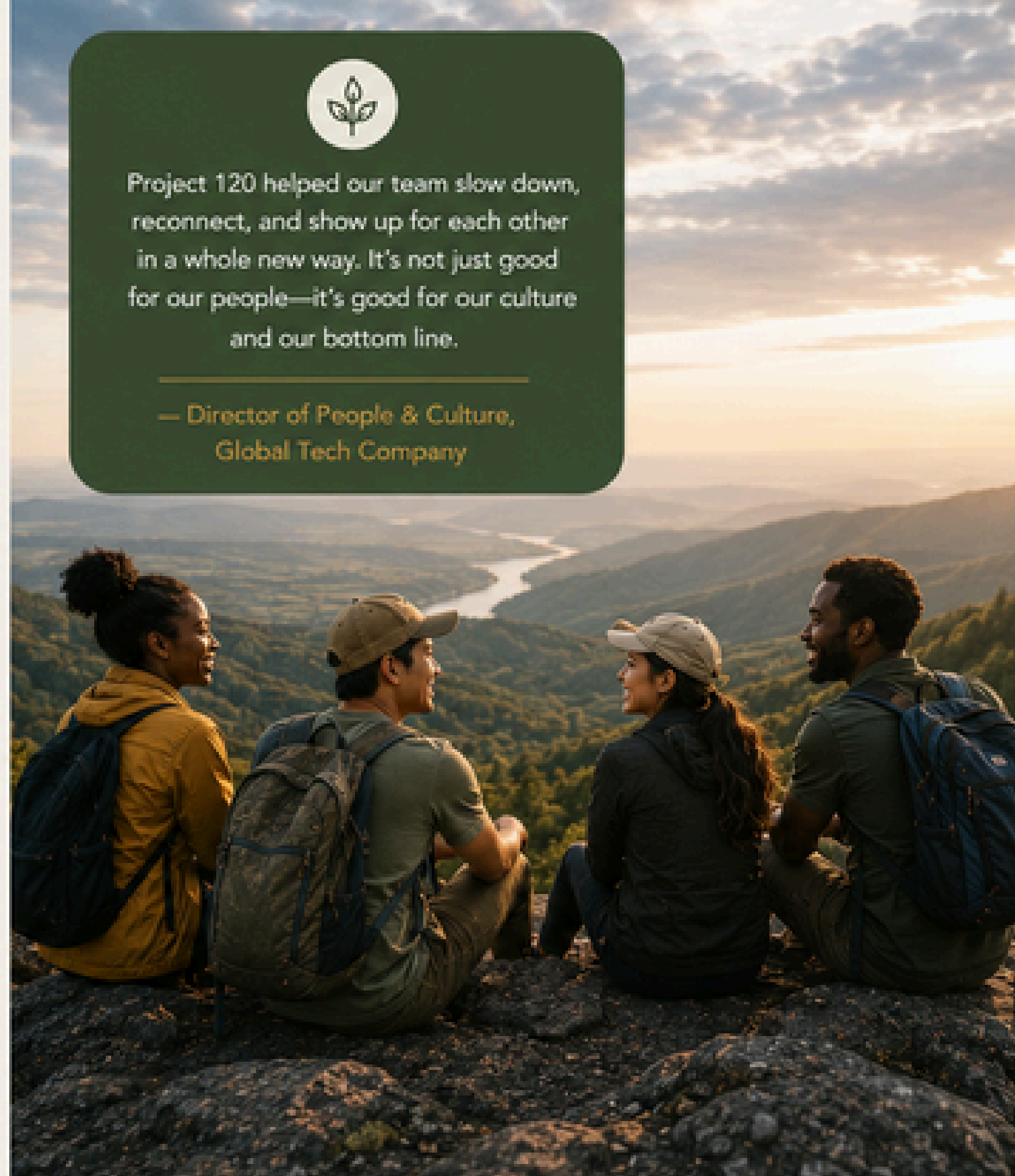


From startups to global brands, we help organizations of all sizes create cultures where people and nature thrive.



Project 120 helped our team slow down, reconnect, and show up for each other in a whole new way. It's not just good for our people—it's good for our culture and our bottom line.

— Director of People & Culture,
Global Tech Company



THE INVITATION

Let's Build a Culture That Thrives—Outside.

Project 120 makes outdoor wellbeing easy, accessible, and impactful—so your team can feel better, work better, and live better.

WE'LL HELP YOU:



Start simply
with small steps
that spark big
change.



Stay consistent
with experiences
your team will
actually love.



See results
that improve
wellbeing,
connection, and
performance.



Build a legacy
of a healthier,
happier, more
connected culture.



The outdoors is for everyone.
The benefits are for everyone.

LET'S MAKE IT PART OF YOUR CULTURE.

Together. 

*More time outside.
More connection inside.
More life in every day.*



READY TO GET STARTED?

Let's create a culture where your
people—and your organization—thrive.

We're here for you. 



VISIT OUR WEBSITE
www.myproject120.com



SEND US AN EMAIL
helloproject120@gmail.com



FOLLOW US ON INSTAGRAM
[@myproject120](https://www.instagram.com/myproject120)

Let's Connect.

We can't wait to support your team
in building a healthier, happier,
more connected culture—together.

