

MORE THAN HAPPY

Journeys in true nature



GROUP & TEAM JOURNEYS IN TRUE NATURE

Nature based journeys that uncover the true nature of your team and connect it to the heart of your organisation.



OUR WAY



UNCOVER TRUE NATURE

We design every journey to reveal a team's unique expression. By combining the power of nature with a curated shared experience, we create the environment required for your true potential to emerge and be realised.



EMBRACE THE HEART

Through this process of uncovering, the heart of your organisation is revealed, ready to be claimed and integrated. We provide the space, strategic approach, and practices needed to turn these discoveries into a shared commitment.



rites of passage JOURNEY

In the arc of a Rite of Passage, we guide your team from through the unknown to a new way of being. We create the intentional container necessary for lasting team and organisational transformation.



CUSTOM CONTAINER AND ALIGNED GUIDES

Every journey is co-created to meet your specific objectives. We hand pick aligned guides and facilitators with the professional context to understand your landscape and empower your team's unique expression.



TOOLS THAT TRANSFORM

We bridge the gap between inspiration and action. Our curated practises and tools create momentum by connecting to what your team values most, with the intentional, incremental actions that compound into profound growth.

WHAT WE OFFER

Guided nature based journeys for individuals and teams

JOURNEYS

Point to point pilgrimages and adventures in awe inspiring destinations.



RETREATS

Multi day immersions and experiences in abundant environments.



ONE ON ONE

Individual guidance journeys for team members designed to uncover their unique role.



GROUPS

Group and team journeys that uncover the true nature of the team and connect it to the heart of their organisation.



MORE
THAN
HAPPY

TEAM JOURNEYS

Connecting your group to the heart of your organisation

1 DAY



A potent one-day immersion to break the routine and gain immediate clarity.

We step away from the everyday to connect with your team's core story, and realigning on a shared vision.

Possible Applications

Quarterly alignments, new project kick-offs, or a much-needed cultural "breath of fresh air".

3 DAY



Our flagship team experience designed to move a team beyond surface level dynamics.

By stepping fully into the transition we hold the space for the deeper work, honoring where you've been while co-creating a powerful, unified narrative for what's next.

Possible Applications

Navigating change, building high-trust cultures, or leadership breakthroughs.

CUSTOM



Every team is a living organism with unique needs. We partner with you to design a bespoke journey that fits your objectives.

From intensive journeys to long-term cultural programs, we build the path that leads where you need to go.

Possible Applications

New teams, specific strategic hurdles, long-term goals, or unique off-site requirements.

YOUR GUIDE



MATTY LAWRENCE

Founder & Guide

Matty is the creator, lead program facilitator and guide of More Than Happy Journeys.

This offering is devoted to helping people reconnect with their essence, navigate transitions with depth, and create lives rooted in meaning, truth and love.

A lover of nature, trails, journeys and what they inspire, Matty is a loyal student of words and what they reveal. He draws from the landscape around him as much as the one within, holding space for reflection, transformation and connection to something greater.

Matty is a passionate advocate for the inner journey of life. He works at the fertile edge of expression, belonging and transformation, where service becomes medicine and a vehicle for impact.

His approach is grounded in lived experience and formal training. After a 15+ year corporate career with local and global trademarks, he ventured into building meaningful brands of his own. This exploration revealed how business can be a force for good and expand beyond commercial impact and became a part of the global B Corporation movement. Matty is a certified Gross National Happiness Practitioner, having studied with the GNH Centre in Bhutan and Schumacher College, and a trained Rites of Passage Facilitator through The Rites of Passage Institute in Australia. These frameworks deeply inform his work, blending ancient wisdom and contemporary relevance to support personal and collective growth.

Matty believes we all have the opportunity to discover our true nature and embrace our true loves in life and business. Through More Than Happy Journeys, he invites others to step into sacred transitions, reimagine the stories they live by, and return to a deeper kind of being, one that honours the full spectrum of life and playful adventure of being human.



OUR PEOPLE (Some of us...)



RICH BOLUS

Journey Guide

Rich brings a wealth of experience in leadership, adventure, and operations to his role as an assisting guide on our journeys and pilgrimages.



SARITA JOHAN

Coach & Mentor

A heart-led, strategic thinker who moves between coaching, facilitating, and building leadership and teams with natural ease.



CHRIS WILSON

Yoga & Meditation

Chris sees the practice of yoga and meditation as a means to help us live more skilfully and recognise our inherent wholeness.



KATE SCHMIDT

Guide, NLP & Breathwork

Kate is a certified NLP practitioner and breathwork facilitator, she creates a space where people can release, reset, and reconnect.

JOURNEY WITH US

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