

Reducing Stress in the Workplace

Acupressure Stress Relief Sessions

Your most valuable resource is your people.

Your employees are the amazing individuals that bring to life your company, your product, and your services.

Now more than ever people are taking stock of what is important to them and how they feel when going to work and doing their job.

The upheaval of the "world's normal" has created an awakening..... And it's time for businesses to take care of their employees in a new, more connected, and personalized way.

How would you rate the stress level of your employees on a scale of 0 - 10?

0 = no stress, engaged, happy, energized, high quality work

10 = Burnout, illnesses, missing work, irritability, poor performances

Stress negatively impacts us on all levels - body, mind, and emotions.

- Before the pandemic, studies revealed over 80% of employees were disengaged at work due to stress.
- Recent studies have revealed that workplace stress and burnout has increased substantially over the past few years.
 - It was there before; however, the pandemic amplified and cranked up the heat on it.

Would your employees rate their stress level higher or lower than what you rated it?

When employees are stressed, it impacts their ability to think clearly and perform at their best during the day, which ultimately impacts the bottom line of your business. When stress builds up within an organization it can create a toxic work environment, which lowers productivity and increases employee turnover.

Mental and Physical Wellbeing is not just a nice to have; *it's a must have.*

Offering **onsite wellness services** for your employees is a way to show that you see them as real people with full lives. That you understand they have highs and lows in their day, that they feel stressed, and that they deserve to feel good.

It's a way to show that you are committed to their wellbeing.

Our mental, physical, and emotional health are vital parts of our ability to show up in our everyday lives with energy, focus, and clarity.

When these are actively supported, we can do a better job at work. Communication is improved, efficiency rates go up, customer service improves, physical illnesses decrease, and employees are more positive and motivated.

What is an Acupressure Stress Relief session?

Acupressure is commonly described as acupuncture *without* the needles. During the session, different pressure points will be held on the body by using fingertips, with a gentle yet firm pressure. When these points are held, they promote relaxation, wellness, and rejuvenation within the body.

The pressure points used in the session are targeted to release tension, stress, and pain from the body and mind in a gentle and effective way. *Calming the entire nervous system.* Allowing your employees to come back to work feeling less stressed, refreshed, and clear headed to get their jobs done.

Average Results:

- **Anxiety/Stress** Decreased by 73%
- **Pain/Discomfort** Decreased by 65%
- **Overall Perceived Benefit** 9 out of 10

Quotes from employees:

- "I was excited to come to work today because I knew I had this session!"
- "It's crazy how I feel so relaxed."
- "It's quick but works so great at getting a fresh mind."
- "The tension that I hold in my shoulders and neck was gone after the session and it lasted for days."

Session Options and Example Schedule

Half Day (8a-1p)	# Of Sessions	Full Day (8a-5:30p)	# Of Sessions
30 Minute Sessions	9	30 Minute Sessions	15
20 Minute Sessions	12	20 Minute Sessions	21

Options to consider pending the number of employees, budget, and impact you would like to create.

- o 1 Day per Week 1 or 2 Days per Month Quarterly

Pricing:

- Acupressure Pricing range: \$550-990
 - o If hourly: 2 Hour Minimum at \$115/hour
- Complete Package Option: Focused 1:1 Coaching or Acupressure – price quoted after discussion

Includes: acupressure sessions, setup/tear down, easy online scheduling, pre/post assessments, travel to/from office if in 40-mile radius from Poynette, massage table, sanitation supplies, music, chocolates, and happy stress-free employees. (Travel charge for outside of 30-mile radius, to be quoted)

Company to Provide:

- Room or conference room – at least 10 feet by 10 feet
- Internal promotion of the offering
- Payment for the services
- Time for the employee to receive the session

Organizations have made this a part of their wellness program and offered it on a regular basis or have created Employee Appreciation Day events. Whichever direction you go; I am confident that your employees will feel better (physically, mentally, and emotionally) and feel valued and cared for by you.

To discuss possibilities and any questions you may have, please reach out via email or schedule a call.

- Email: emily@trueselfenergycoach.com
- Schedule a Call: www.trueselfenergycoach.com
 - o Click the "Online Scheduler" in the top right and select "Let's Chat-10"