

Reducing Physical & Emotional Stress in the Workplace

Acupressure Stress Relief Sessions

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.

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.

I invite you to take a moment and honestly reflect on this question:

Would your employees rate their stress level the same level as you rated it for them?

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.

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 you genuinely care and 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.



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

Here are some ideas 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:

Includes: acupressure sessions per ½ or full day, 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)

- Full Day: \$990
- Half Day: \$550
- Hourly: 2 Hour Minimum at \$115/hour

Company to Provide:

- Room or conference room – at least 10 feet by 10 feet
- Internal promotion of the offering
- Payment for the services; we can discuss options if you want employees to partial pay
- Time for the employee to receive the session

Organizations that I have partnered with 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 have a greater knowledge of being valued and cared for by you.

Assessment Results:

Average scores from the pre/post assessments on 24 sessions:

- **Level of Anxiety/Stress** (0-10) Before – Average: 6.2 After – Average: 1.7
- **Level of Pain/Discomfort** (0-10) Before – Average: 4 After – Average: 1.3
- **Overall Perceived Benefit** was a 9
0 = not beneficial to 10 = most beneficial

Quotes from employees:

- “I was excited to come to work today because I knew I had this session!”
- “I don’t understand how it works, but I feel so relaxed.”
- “It goes so quickly, and yet I feel so relaxed.”
- “The tension that I hold in my shoulders and neck was gone after the session and that lasted for 5-6 days.”

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