

WELLNESS AT WORK

Revitalise Your Organisation with
The 111 Approach to Workplace Wellness.



THE POWER OF REIKI IN THE WORKPLACE

Reiki, a traditional Japanese energy healing practice, is a groundbreaking approach to employee wellness. It involves a gentle but powerful healing & meditation therapy which promotes **focus, productivity** and **balance**.

This non-invasive method is becoming increasingly popular in modern workplaces for its holistic benefits. The 111 Approach's unique ability to blend eastern healing techniques and western practical performance enhancing tools makes this offering a **complete training workshop** for your company.

BENEFITS

Elevated Productivity & Stress Reduction: leading to clearer thinking and enhanced problem-solving abilities.

Focus and Concentration: improves mental clarity, aiding in better decision-making and increased productivity.

Physical Relief: Helps in alleviating physical discomfort, reducing instances of headaches, back pain, and muscle tension.

Mental Health: Reiki is known to alleviate symptoms of anxiety and depression, contributing to a happier workforce.

Overall Wellness: Encourages a sense of peace and well-being, improving employee morale.

Lowered Stress-Related Illnesses: By managing stress effectively, Reiki can reduce the number of sick days which equates to about £18 billion in losses annually.

Competitive Edge: Offering Reiki sessions positions your company as a forward-thinking employer.

Employee Satisfaction: Enhances job satisfaction, aiding in talent retention, saving £20,000+ in new hire costs.

Team Building: Encourages empathy and understanding among team members.

TAX DEDUCTIBLE PROGRAMS

Flexible Workshop Options:
From brief lunchtime sessions to full-day retreats, we offer programs to fit any schedule.

Tailored Wellness Programs:
Customized to address the specific needs and goals of your organization.

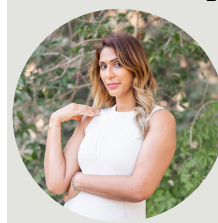
Ongoing Support:
Continuous follow-up to ensure the program's effectiveness.

BOOK A TASTER SESSION TODAY

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Lakhmi Bhambra (BSc Hons)

*Award-winning, certified
Reiki Wellness Specialist*