



WELLNESS AT WORK

Revitalise Your Organisation with The 111 Approach to Workplace Wellness

1 MINUTE WELLNESS & REIKI

Reiki, an ancient Tibetan Buddhist & Japanese energy practice, is a groundbreaking approach to employee wellness.

It involves meditation therapy which promotes **focus**, **productivity** and **balance**. This non-invasive method is becoming popular in workplaces for its holistic benefits.

The 111 Approach's unique ability to blend eastern healing techniques and 1 minute performance enhancing practical tools makes this offering a **complete training workshop** for your company.



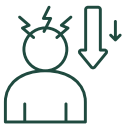
UK WORKPLACE STATISTICS

1 in 6 employees suffer with some form of workplace mental health issue
(NHS Digital 2024)

76% of employees report experiencing burnout
(Create & Grow 2024)

Poor mental health costs UK employers £51 billion per year
(Deloitte 2024)

BENEFITS



Stress Relief & Reduced Burnout

76% of UK employees report burnout



Improved Physical Health

Reiki aids and speeds up physical healing



Easy & Quick Solution

*1 Minute Wellness
No equipment required*



Cost Savings for Company

Tax deductible programs



Improved Mental Health

Reiki reduces anxiety & depression



Talent Retention & Acquisition

Employee satisfaction saves £20k+ new hire fees



Overall Wellness for Staff

Improves team morale & work environments



Lower Stress-Related Illnesses

UK employee absenteeism costs £28 billion p.a.



Increases Focus & Productivity

Employees work more efficiently & effectively

TAX DEDUCTIBLE PROGRAMS

As part of EAP's & Wellbeing Programs tax relief, The 111 Approach services are able to provide tax deductible programs.

Invest in a wellness program that will revolutionize your workplace, employees' satisfaction, mental & physical health.



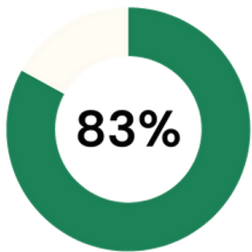
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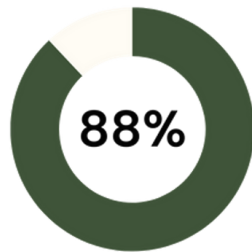


PROVEN RESULTS

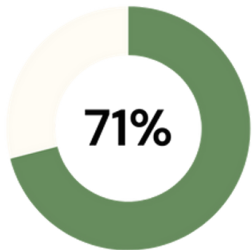
After just ONE 15 minute session employees have reported the following:



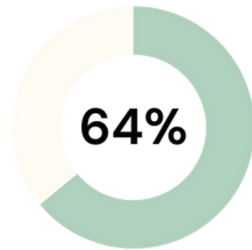
LESS STRESSED



MORE RELAXED



MORE FOCUSED



GREATER SENSE OF WELLBEING

Results taken from previous clients, recorded anonymously to avoid bias. Regular treatments are recommended to yield greater ROI.

PROGRAMS & SERVICES

Flexible Workshop Options:

From 1 hour taster sessions to full-day drop ins, we offer programs to fit any schedule, both online or in person.

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.

Programs and services range from 1 hour taster group sessions to regular full day services on site/ online.

Flexible and tailored services to meet your business needs.

Also available for Corporate Wellness Events and Team Building Days.

BOOK A TASTER SESSION TODAY

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