

Step 1

Set up an appointment with Hazel



Discuss your needs and look at the possibilities of implementing a program that works for you.

Show your staff you care about their well being.

Step 2

Customise your own program to suit your needs and budget.



Programs can be integrated with minimal disruption to the work day.

Show your staff it is possible to make time for Self Care.

Step 3

Implement your program,



Make a commitment see the rewards, reap the benefits

Encourage your staff to take steps in the right direction to wellness.

Wellness programs

for large or small businesses are worth every \$ invested. They are a good way for corporations to encourage their workforce to take responsibility for themselves to become a healthier person.

**Thoughts, Words, and Deeds Empower us..
Choose them Consciously.**

\$\$\$ Options - Flex Benefits now cover a portion of the costs of Reiki sessions, check your company plan for details.

**Cover the costs 100%,
Subsidize or share the costs, or
Provide Education for your staff so that they can make informed choices and take responsibility for themselves.
Everybody Benefits.**

Hazel taught High School in England before moving to Canada where she worked in the corporate field as a manager and trainer. (14 yrs with Birks Jewellers, 6 yrs with Staples)

Hazel recognizes the importance of Health and Wellness programs for both the Employer and Employees.

Hazel Butterworth



hazel@albertareiki.com

780.719.2280


Energy Works
Alberta Reiki Centre
Sherwood Park, AB

When I grow up.....



Who are you today?

Easy steps to take

Energy Works 
Alberta Reiki Centre

How often do you hear -



"I need some R & R"

"I am so stressed out"

"I need a vacation"

"I cannot function any more"

"I need a break, I am so tired"

"I wish I was somewhere else"

People, are an organizations most important resource,
we need to ensure they have time to rejuvenate.

Employee health is an integral part
of business and is built on the belief that
all injuries and most illnesses are preventable.

Each individual has a unique,
value adding contribution to make.

A company with healthy employees has
a positive impact on the community.

People adopt values that are emphasized
by their organizational leaders.

What message are you sending to your staff?

Every employee at every level has a responsibility
for creating a healthy work environment and
promoting healthy lifestyles.

Help raise conscious awareness,
self evaluation, self esteem and
self responsibility at your workplace.

A properly implemented program
affects the bottom line positively.

Wellness in the Workplace

is a investment rather than a cost,
it can yield long term dividends for
both the Employer and the Employee.
Industries rely on healthy workers to
stay competitive and profitable.

Benefits include

- ✓ cultivates long term employees
- ✓ you reap what you sow
- ✓ promotes loyalty
- ✓ helps retain key staff
- ✓ creates healthier environment
- ✓ reduces absenteeism, fewer sick days
- ✓ improves morale
- ✓ increases productivity
- ✓ attracts top notch employees
- ✓ no time lost for programs on site.
- ✓ employees see they are cared for
- ✓ fewer injuries incurred
- ✓ less human error, more accuracy
- ✓ more cooperative employees
- ✓ reduces stress in the workplace
- ✓ great return on investment
- ✓ lower health care and insurance costs
- ✓ helps prevent co-worker conflict
- ✓ has a positive impact on family life



A healthy worker is a happy worker,
A happy worker is more productive.
More productivity
yields higher profits
and a successful team.



Energetically Thinking Reiki and Relaxation The Energy Bubble

Colour Sound

Workshops

Presentations

Sessions, Courses



Create a program
for your business needs.

One day event / Weekly / Monthly
5 - 500 employees.

Interactive learning for all.

**Help educate and empower your staff
to be the best they can be.**

Sessions -

give staff some time out to switch off,
relax and recharge their batteries,
give staff 20 mins to 1 hr, your choice.
(equivalent to a coffee or lunch break)

Tuition for staff members -

have your staff trained to give Reiki sessions on site,
it saves time and money and is always available.

**Make this an integral part of your
Health and Safety or Wellness Programs..**