# Step 1 Set up an appointment with Hazel

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Discuss your needs and look at the possibilites of implementing a

program that works for you.

Show your staff you care about their well being.

### Step 2



Custo mise 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

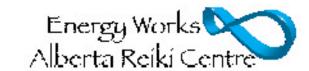


Energy Works
Albeita Reiki Centre
Sherwood Park, AB

# When I grow up.....



Easy steps to take



# How often do you hear -



"Ineed 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 ilmesses 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 responsibilityat 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 co operative employees
- ✓ reduces stress in the workplace
- ✓ great return on investment.
- ✓ lower health care and insurance costs
- ✓ helps prevent co-worker confilct.
- √ 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 broch 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...