

Stress and absenteeism in your workplace?

In The Independent newspaper on 11 March 2013 appeared an article entitled, "It's vital firms take steps to defuse the stress time bomb". In the article, of 500 decision-makers polled by Zurich Insurance in February 2013, "42% said employee stress had had a noticeable impact on the business over the last year. 1 in 3 said stress-related issues such as low morale and increased employee absences were continuing to have a negative effect on the overall performance of their business".

*So, what can Reiki do for **your** business and **your** employees?*

First, by offering Reiki, you will be enhancing your attractiveness to potential new employees. Finding quality staff is a real challenge for employers, and 'added value' health related services like Reiki can help attract the best employees who care about their health, and therefore are less likely to be take sick leave.

Second, I can visit your workplace and give Reiki sessions (30 minute sessions are recommended) in your employees' own time within the working day.

Third, I can offer a voucher system to enable your employees to receive Reiki at my Reiki practice in Darlington. This means that the benefits of Reiki are available at a time convenient to your employees.

Interested? Contact me now!



01325 469654
0780 3905881
www.reikiken.com

CONTACT KEN AT

(01325) 469654
0780 390 5881

mail@reiki4business.co.uk
www.reikiken.com/reiki-workplace

*Private Consultations at
60, Bowman Street
Darlington
County Durham
DL3 0HE*

Our Guarantee To You!

You Are **GUARANTEED** To Receive
A Professional Service
In Accordance With The
UK Reiki Federation Code Of Practice,
And Your Privacy Will Be Respected
At All Times.

If Your Expectations Are Not Met,
You Will Receive
A Courteous Refund Of Fees.

Stress at work? Absenteeism? Reiki will help!



Ken is a Reiki Master Practitioner. Based in Darlington, he is one of only a few practitioners in the North of England to hold the highest level of Reiki attunement.



***Your First Session Of Reiki
With Me Is Free!***



REIKI4BUSINESS

www.reikiken.com/reiki-workplace

What Is Reiki?



Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. Although Reiki was rediscovered only at the end of the 19th century, energy healing, of which Reiki is a form, has existed for thousands of years. There are no side effects from Reiki treatment, and it is used in many hospitals and cancer centres for a variety of conditions, in the UK and throughout the world. Reiki is an integrative therapy, **meaning it works with other therapies and with conventional medicine, not in place of them.** Reiki has been shown in Clinical Research Trials in both the UK and world wide to reduce blood pressure, stress, depression, anxiety, and pain.

The Reiki therapist is actually a channel for the Reiki energy, directing this energy via their hands to your subconscious mind.

“Three months into Reiki and I can positively say the pain has almost gone, and my health and wellbeing have improved enormously. I am sleeping much better now. (PS - I have more than halved my painkillers.)”

Pat, Co Durham

What Happens During Reiki?



Reiki is administered in a quiet, relaxing and private environment. The client remains fully clothed throughout the session which lasts typically 30 to 60 minutes. The client can be treated lying on a treatment table or sitting comfortably supported in a chair.

Reiki is offered through light, non-invasive touch with the practitioner's hands placed and held on a series of locations on the head and body. The placement of the hands will never be intrusive or inappropriate, nor will there be any pressure.

You are an individual, and thus your experience of Reiki will be unique to you. However, the most common experience is an almost immediate release of stress and a feeling of deep relaxation.

“Reiki Ken has been nothing but kindness to me since I first contacted him. Overall my wellbeing has improved beyond what I could have envisioned. I have come off antidepressants and feel far more positively about the future.”

Victoria, Tyne and Wear

Will Reiki Help Me?



Reiki has been shown to help a wide range of medical and psychological conditions, including stress, anxiety and depression. In addition, evidence from studies around the world suggest that Reiki can benefit other conditions like diabetes, high cholesterol, high blood pressure and pre- and post-operative pain relief.

Clients receiving Reiki treatment report an overwhelming feeling of calm and relaxation which lasts for two to three days after the Reiki session is finished.

The way to discover if it will help you is of course to try it for yourself. Flexible sessions can be arranged to suit **your** own personal situation and requirements.

Reiki Ken is a Master Practitioner member of the UK Reiki Federation, with full public liability insurance, and also holds a current CRB enhanced disclosure certificate.

Contact Ken to discuss the best options for you ... and don't forget ... your initial session is **free, so you have nothing to lose!**