

# WORKPLACE WELLBEING

## with the Alexander Technique



**REDUCE  
TENSION TO  
AVOID ACHES  
& PAINS**



**AND IMPROVE  
YOUR  
PERFORMANCE  
& DECISION  
MAKING SKILLS**



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The most common work-related health issues in Britain today are back & neck pain, repetitive strain injury (RSI), and stress. By incorporating the services of an Alexander Technique Teacher, your employees will learn invaluable skills to proactively reduce tension in all their activities and in turn prevent unnecessary stress and promote better long-term health. As an employer you will benefit from:

- **improved productivity**
- **reduced absenteeism**
- **raised workplace morale**

The Alexander Technique is recognised by many renowned organisations and businesses, including the NHS <https://www.nhs.uk/conditions/alexander-technique/>, BBC, Google, M&S, Chanel, The Guardian, British Film Institute, British Library, Hewlett-Packard as sound business practice.

The evidence of the many rewards incorporating the Alexander Technique in the workplace is growing rapidly, from university-led studies to in-house business reports. In 2002, Victorinox, the renowned Swiss Army knife manufacturer, took a forward thinking step by integrating the Alexander Technique into their workplace and the results were remarkable, as within just a few years, the company witnessed a substantial 30% reduction in absenteeism due to sickness and workplace injuries.

£14.2bn is the estimated cost of injuries and ill health to the UK economy from current working conditions. Hence, the government white paper, "Healthy Lives, Healthy People", emphasises the need for businesses to invest in employees' wellbeing and has moved health at work up the agenda. This is where the Alexander Technique excels, by educating employees to take more responsibility for their own wellbeing.

Introducing the Technique in the workplace is remarkably straightforward, as it involves no specific exercises or special equipment. Lessons can occur during the working day, as individuals are better equipped to evaluate their own responses to their specific needs or challenges experienced in the work environment. This allows them to apply what they have learned to ensure an immediate impact.

### Custom-built Talks and Workshop

Companies can benefit from introducing the Alexander Technique through talks/workshops at conferences or training days. I can provide a tailor-made programme to meet your company's and your employees' needs.

I look forward to discussing with you how the Alexander Technique can be applied at your workplace to improve your employees' long-term welfare and contribute to the success of your business.