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## Intelligent Movement

### Bringing the Alexander Technique to the Workplace

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The most common work-related health problems in Britain today are back pain, RSI, and stress.

With the help of an Alexander Technique Teacher, employees learn how to avoid strains and injuries that are associated with repetitive tasks, by rediscovering their natural poise. This will also help them to minimise stress, tension and generally promote better long term health.

As an employer you will benefit from:

- improved productivity
- reduced absenteeism
- raised workplace morale

#### Alexander Technique lessons in the workplace

Working at the computer is one of the key activities that can lead to physical discomfort. Habits like slumping, raising shoulders or gripping a computer mouse too tightly can be the source of many medical conditions, particularly back pain and RSI. By implementing the Alexander Technique in the workplace your employees will learn how to address these habits and will reap all the benefits that come with it, including, improved balance, ease of movement and better coordination.

The Alexander Technique is recognised as sound business practice by many renowned organisations, including the BBC, Google, M&S, Chanel, The Guardian, British Film Institute, British Library, Hewlett-Packard, etc.

£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.

It's easy to introduce the Alexander Technique in the workplace, as it involves no specific exercises or special equipment. Lessons can take place during the working day, when individuals are more able to assess what they have learnt and can then utilise their knowledge and understanding to their own particular needs or problems in the environment that they occur.

#### Custom-built for your workforce

The evidence base for The Alexander Technique in the workplace is growing rapidly, from University-led studies to in-house business reports highlighting the great rewards of applying this to your employees.

I can provide a tailored programme to meet your company's needs and those of your employees.

Your employees will learn how to apply the principle of the Technique at their workstation and in everyday activities, whatever their age or capabilities. Companies also find it useful to introduce Alexander Technique principles in the form of workshops during conferences or as part of training days.

I look forward to discussing 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.