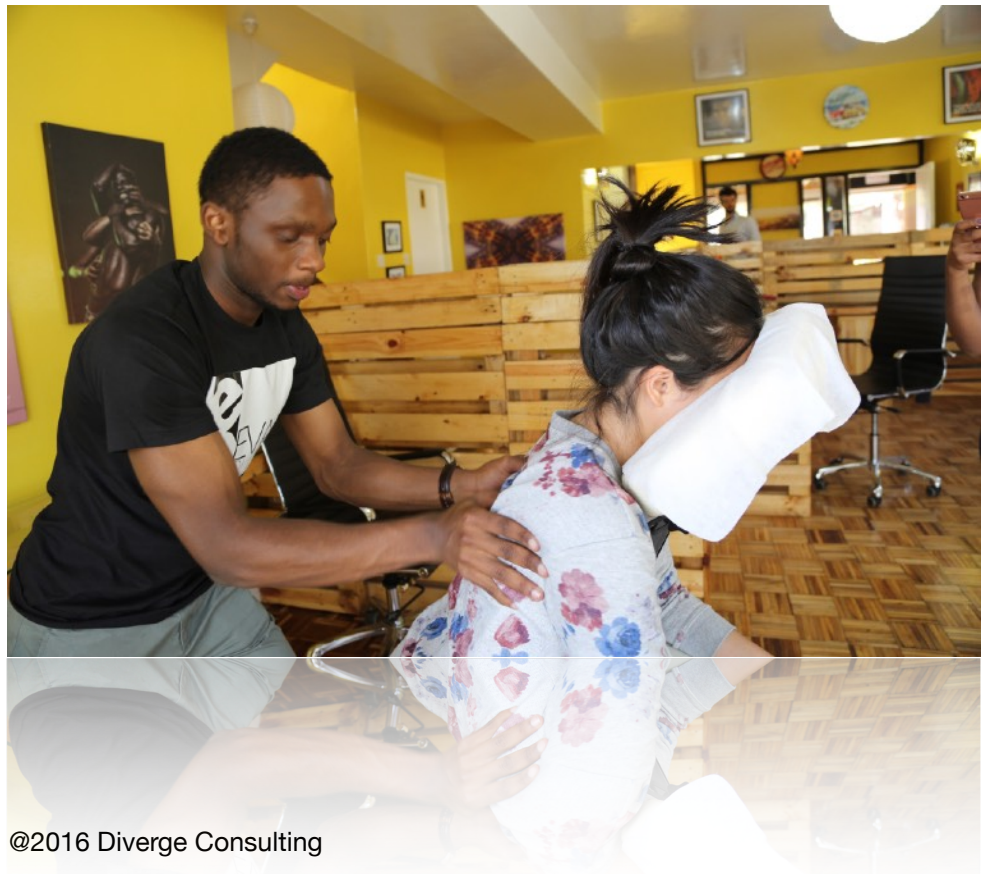


# Corporate Acupressure Therapy

## Service Profile



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# Executive Summary

## Objective

To increase productivity in the workplace by eliminating stress & promoting wellbeing.

## Goals

To reduce stress in the workplace, increase productivity, reduce medicare costs & significantly improve the bottom line of our clients

## Solution

10-20 minutes Corporate chair massage using acupressure therapy techniques. Corporate Acupressure Therapy is non-invasive & is proven to have immediate impact of leaving individuals relaxed, de-stressed & rejuvenated. This leads to increased morale & higher productivity.

## Benefits of corporate Acupressure Therapy to your organisation

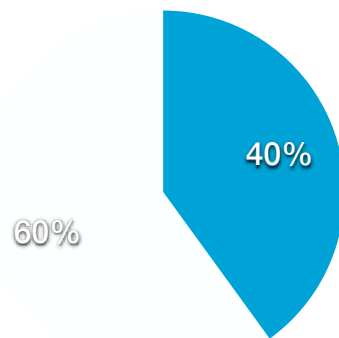
1. It reduces work place stress which is the highest contributor to low productivity.
2. It Improves concentration due to enhanced blood circulation thereby leading to greater productivity.
3. It demonstrates concern for general wellness of employees.
4. It is an effective preventive health measure that reduces sick-off absenteeisms due to stress related illness.
5. It increases Employees morale & motivate them to work harder.
6. It is a much appreciated incentive for top performers within teams.
7. It can be Included as a benefit in your hiring package to attract and retain top talent.
8. It enables you to have a healthier and more revitalised workforce.
9. It Fosters a culture of wellbeing within an organisation.
10. As a wellness program, it has the highest ROI With 99% staff uptake making it the most utilised wellness service when compared to others like gym or health club membership schemes.



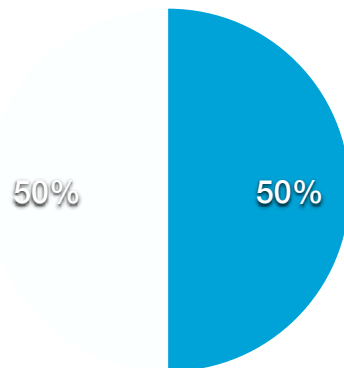
# Major Clients



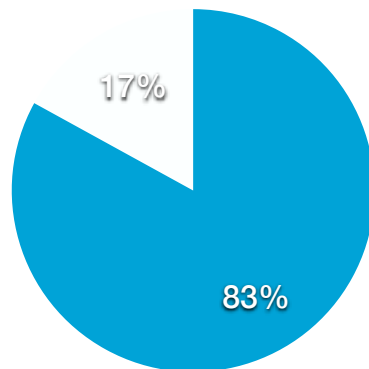
# The Cost of Stress



Of employees change jobs because of stress



Of absenteeism at work is stress related



Of population are highly stressed at work

# Our Solution



Spare just 10 - 15 minutes per person weekly or monthly.

99%

Uptake



# Introduction

Diverge Consulting Ltd is a registered company in Kenya, England & Wales providing various solutions to organisations aimed at increasing efficiency and enhancing productivity. The Corporate Acupressure therapy service falls under our Tulia wellness brand. Our wellness programs are designed to support organisations to embrace wellness as an everyday practice that promotes better health leading to greater productivity. Corporate acupressure therapy uses unique Japanese techniques designed to relax muscles, increase blood circulation, and enhance alertness thereby eliminating stress in the body. The therapy has immense physiological and psychological health benefits.

We offer professional services through our trained and highly qualified staff. Our business model is mobile therapy, therefore our clients have the luxury of receiving Corporate Acupressure Therapy at their offices, premises, or Events. We also provide the option for individuals to visit our premises at their convenience.

Our prices are competitive however, we only work with organisations that invest in their employees and value creating a progressive culture. In this regard, we emphasise on the importance of working in partnership with the Human Resource teams to increase employees morale and productivity leading to reduced employee turnover and improved bottom line .

## Our mission

To create a culture within organisation that views wellness as an essential everyday practice.

## Our vision

To be the wellness partner of choice in progressive organisations

## Values

- Provide service with dignity, respect & Integrity
- Embrace Confidentiality at all levels while maintaining professionalism
- Apply the highest level of excellence when dealing with our clients
- Embrace diversity & treat each other with respect & dignity at all times
- Nurture our employees while positively contributing to communities
- Embrace technology by creating an environment that fosters creativity & innovation
- Strive for customer satisfaction while acknowledging that future success will be fuelled by profitability



# Why Stress?

## Stress is Killing your Productivity

Stress in the workplace leads to:

- Decreased motivation & concentration
- Poor Memory & decision making
- Anxiety & irritability
- Increased employee absenteeism & turnover
- Diminished morale & motivation
- Reduced performance & productivity
- Increased medicare costs

## Eliminate Stress!



## Corporate Acupressure Therapy





# What we Offer

1

Staff Wellness Programs

2

Employee Incentive Programs

3

Employee Gifting Programs

4

Corporate Gifting Programs

5

Corporate Events Programs

6

Individual Gifting Programs





# How we meet your needs

## **Staff Wellness Programs**

Increase your employees productivity by eliminating stress in the workplace. Regular Acupressure Therapy not only increases blood circulation thereby improving general wellbeing but it also stimulates endorphins production which increases morale.

## **Employee Incentive Programs**

Motivate those going an extra mile to do even more. Corporate Acupressure therapy is a great incentive that has a feel good effect making it a worthy reward to look forward to. Incorporate the therapy in your reward package for top performers & watch your teams performance increase.

## **Employee Gifting Programs**

Show them that you care. Is it a birthday, anniversary, baby shower, house warming, bridal shower? or are you just feeling generous? Gift an Acupressure therapy to your employees just to show them that you care & watch their loyalty being renewed.

## **Corporate Gifting Programs**

Express your appreciation for their business or time. Send them Corporate Acupressure Therapy as a gift and watch your recommendations soar.

## **Corporate Events Programs**

Host a memorable event by incorporating Corporate Acupressure Therapy in your itinerary. Your guests will feel relaxed, less fatigued & rejuvenated and will thank you for it.

## **Individual Gifting Programs**

Build relationships by giving a personal gift to your colleagues.



# How does it work?

## 3 Simple Steps

1

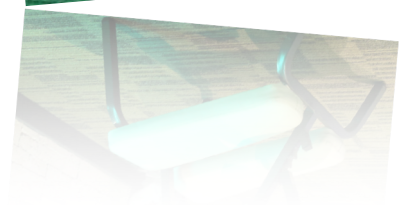
Choose a Program that meets your needs

2

Together we tailor a package that suits your budget & timelines

3

Our highly qualified therapists show up with our portable adjustable acupressure chair at your premise, office or event



# What to Expect

Pure Relaxation



# What is Corporate Acupressure Therapy?

Corporate Acupressure Therapy is a form of a chair massage offered onsite. The therapy is performed using traditional Japanese acupressure techniques that stimulates acupressure points in the head, neck, shoulders, spine and lower back thereby increasing blood circulation within the body. The therapy eliminates stress because tension in the body has been found to manifest psychologically as stress due to tense muscles which hinders the efficient flow of blood into the brain. This causes fatigue and diminished executive functioning which directly influences individuals performance.

Acupressure therapy has immense health benefits including :

- It reduces fatigue & energises the body thereby reducing stress
- Promotes a sense of wellbeing by increasing mental clarity due to increased blood circulation
- Invigorates the mind and body due to relaxed muscles
- Restores the body to the state of rest thereby reducing symptoms of stress
- Stimulates endorphins which are the feel good hormones thereby reducing stress
- Reduces muscles tensions and lowers the blood pressure

The therapy is non invasive and is administered with the individual sitting on a special ergonomically designed massage chair fully dressed. The impact of the therapy is felt instantly.



# Why your Team needs Corporate Acupressure Therapy

Corporate Acupressure Therapy solution has been adopted by forward thinking organisations such as apple with progressive leaders like Steve Jobs whom emphasised on having an employee - centric approach in matters relating to human resource. This led to highly creative and high performing workforce whom were motivated to work over 60 hours a week. The on-site acupressure therapy was pioneered by David Palmer in 1984 whom introduced this concept to the corporate world, It has since been adopted by all the major top performing firms like google who continue to focus on giving their employees the best experience at work in order to maintain morale and increase productivity.

“Sooooo relaxing! Excited to incorporate into our long-term wellness plan.

JENN, SPIRE

“Amazing and very relaxing, thank you.

CARO, NSE



# Benefits of Corporate Acupressure Therapy to your staff

- Reduces fatigue and energises the body
- Promotes a sense of wellbeing
- Increases mental clarity due to increased flow of oxygen
- Invigorates the mind and body
- Restores the body to the state of rest
- Reduces symptoms of stress
- Stimulates the feel good hormones
- Reduces muscles tensions and lowers the blood pressure
- Boosts the immune system



# Cost

## Packages

Package	Hours	Cost per therapist per hour(KES)	Details
Bronze - Event	3>	2500	Inform us 24 hours in advance to give your team a feel good treat. 1 therapist.
Silver - Once a month	2>	2000	once a month relaxation package that your team can always look forward to. 1 therapist.
Gold - once a week	2>	1500	A weekly distressing & rejuvenating package to increase productivity by lowering work stress. 1 therapist.
Gold - Twice a week	2>	1200	A relaxing, de-stressing & rejuvenating package that motivates employees and increase productivity. 1 therapist.
Platinum - Unlimited			Tailored
<b>Discounts</b>	<b>Quarterly 5% off, Bi-annually, 10%, Annually 15% off</b>		<b>Excluding 16% VAT</b>





The above packages are designed to meet the diverse needs of our clients depending on their size and budget. Please note that the prices are based on one therapist per hour per visit. However, should you require e.g male and female therapist additional fees of KES 500 per hour will be incurred per hour. Please note that an additional chair and therapist will cost the full hourly price. Tailor made packages are also available to meet organisations needs in terms of budget and convenience.

Corporate Acupressure Therapy can be adopted in your existing staff wellness program or can be taken as a stand alone wellness package. However, unlike most wellness programs that are seasonal, Corporate Acupressure Therapy is a wellness program that runs through out the year. The on-site acupressure therapy takes as little as 10-15 minutes per sessions and therefore 4 individuals can receive therapy within an hour.

For any of the packages, our qualified therapists will come to your premise with the Acupressure Therapy equipment. The space required to setup is very minimal and privacy is not mandatory although a less quiet area with minimal traffic is preferable in order for the individuals getting therapy to have ultimate relaxation. There is no removal of clothes or use of oil in the therapy.



# FAQs

## **Do I have to sign a contract**

For one off events, no signing of contracts is required. However for recurring sessions, an annual contract that requires 30 days cancellation is signed.

## **Can I add or decrease ordered therapy hours**

For one off events, changes on the order within 72 hours is acceptable. However, 30 days notice is normally required to make amendments on existing packages.

## **Do I have to put Down A deposit**

This depends. For one-off events, a deposit of 40% of the total cost is required at least 24 hours in advance in order to reserve therapists for your event. However, for recurring packages deposit is not mandatory.

## **Will individuals feel sleepy after the therapy session**

No. immediately after a session, individual's feel very relaxed which may be interpreted as being sleepy. However, they also feel rejuvenated and energised.

## **Can I enjoy the benefits of corporate acupressure therapy on tight budget**

Yes. Even on a tight budget we can tailor a package to suits your needs.

## **We are trying to cut costs, isn't corporate acupressure therapy a luxury**

No. This is the best time to invest in corporate acupressure therapy & give your staff one reason to stay. During cost cutting period, individuals work longer hours under high pressure which is very stressful. This lowers morale leading to diminished productivity & if unchecked can cause great losses.

## **We have several branches around the country, can you provide service to all**

Yes. We work with contractors all over the country who are qualified to offer the same quality of service for all your branches.

## **We are strict on security, can we be assured of safety with your therapists**

Yes. Our therapists have passed the Police CRB cheques. Additional checks are put in place to ensure our clients' safety. We do take reported security breach incidents very seriously with immediate cause of action.

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# Because it feels good & its good for you!

**Don't let stress affect your bottom line**

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