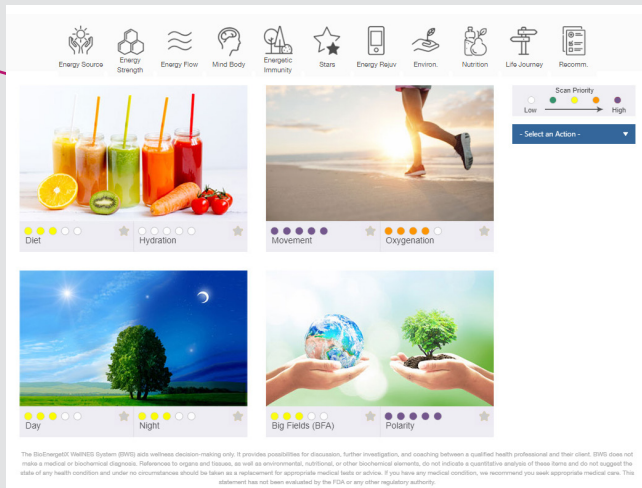


Combat stress with ground-breaking technology



Companies that thrive are the ones across the world which put the wellbeing of their employees first. In today's world, the effects of stress are being felt more and more but now your staff's wellbeing can be supported in a unique, private and individual way in just 10 seconds.



Using state-of-the-art technology to quickly analyse stress levels, employees individually learn how to manage stress and improve their wellbeing securely, safely and confidentially.

This takes only 10 seconds. People are able to identify their own stress points and discover where it impacts them personally using our virtual wellbeing route map.

Benefits to you and your staff

Chronic stress seems to be a fact of life today but many people keep quiet about how they feel. This new, fast process means your staff can easily see what is impacting their wellbeing, opening the way for positive change.

We now have tools fit for purpose in today's ever changing workplace to quickly address the following issues:

- Sleep
- Energy levels
- Mental focus
- Attitude, mood and mindset
- Stress induced aches and pains



Get in touch today

Contact Paula now to find out how this unique technology can help you and your staff.

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Did you know?

74% of employees say they are chronically stressed but 50% say they won't discuss it with anyone at work.