

CORPORATE STRESS RELEASE PROGRAMS

Part 1

The Corporate Community Program

THE GOAL

To present employees with Ideas and opportunities so they can let go of the things in their lives that have been taking away their power and to offer them hope, opportunity and support.

THE REASONS

1. Peak Efficiency of the employees allows the company to realize a return on it's human capital investment.
2. Participating Companies value their Employees and wish to do all they can to help them.
3. Happy employees are productive loyal employees.

THE PROGRAM

1. The Program
We would have a one, two or three hour morning, afternoon or evening Program once a month.
2. The Benefits
 - a. A scheduled stress release session where employees could look forward to dealing with their pent up stresses.
 - b. Employees could contribute to the peace and harmony of the workplace by maximizing their contribution to the organization.
 - c. A program facilitated by an independent source.
 - d. A fixed expense program that is manageable and predictable and provides employees an individual stress reducing experience.
 - e. An ongoing program that builds over time to increase the collective effect.
 - f. A program with a choice of stress release techniques.
 - g. A program whereby employees can opt-in and opt-out as their needs change.
 - h. A program that is totally flexible to the needs of the workplace.
 - i. An opportunity for employees to feel they are heard.
3. The Processes .

Processes would be tailored to the needs of the Organization, some likely programs may be:.

The Emotional Freedom Experience –

The Emotional Freedom Technique (EFT) was originally created Dr. Stanley Callahan and called Thought Field Therapy. Employees will learn about the power of Psychological Reversal and Tapping on the energy Meridians. They will learn that, even when they feel powerless, they always have choices. The session will consist of a fifteen minute video that shows how attendees at a seminar worked on :

1. The Fear of Mice and Rats.
2. Release of Serious Emotional Trauma
3. Smoking Cessation
4. Jaw Restriction.

The next section will be an explanation of the technique and the tapping position that they will use to reclaim their power.

The last section has everyone tapping for their specific Issues while holding them secret in their own minds. The only sharing is their original value on an issue along a scale from 1 to 10 and their residual value after the technique.

THE COMPASSION COMMITTEE

One of the most important human needs is the need to be understood, accepted, and recognized. When workers have no one that understands their concepts and growth needs, many issues can appear worse than they really are.

The goal of the compassion committee would start as a loose opportunity to share and I would like to see it move in to a more structured flow.

I would encourage the attendees to open their hearts to each other and foster the understanding that they are not alone.

If they would be open to it, I would introduce some energy techniques from the Integrated Energy Therapy curriculum and encourage them to practice the concept of HeartLinking.

Brainstorming Sessions

Employees get a lot of ideas but there is a risk to bring them to management. How about if we encouraged the flow of creativity in a format that kept the ideas author anonymous until they were ready to be known.

Anyone who was comfortable enough to bring their Ideas to the open forum would also be encouraged to do so.

The ancient Art of Dowsing could also be used to Tap in to direction finding when the question is not even asked. The requestor would merely write and number a series of questions that could be answered with a yes or no. The requestor would keep the list and ask me to dowse for the answer one by one by number.

The requestor will be asked to comprehend that the answers are just like a navigator steering a ship, they are a temporary course setting which may need further adjustment.

ENERGY BLOCKAGE PULLOUTS

A significant problem of modern times is the suppression of one's emotions until they explode. ROAD RAGE is a relatively new problem in our society. As an employer, you never know how much stress has been accumulating in your workers. Energy blockages can be lifted out of the energy field of anyone who wants to release them.

After a little introduction to the process of The pullout release technique, I would circulate a one page piece of paper where people would indicate their energy blockages by a survey of the sites that need clearing. I would then circulate the room and look at their page and do a pullout appropriate for the answers that they indicated. The paper they hold would be meaningless to other attendees. Their privacy would be respected. We could continue around the room until we were finished.

ENERGY EMPOWERMENT

A Frequent complaint is "I don't have any energy". This can get to be quite a spiral for good folks. How about if you offered your employees empowerment sessions.

This can be done intellectually through thought processes about the law of Attraction. A lot has been written about the Book and DVD, the Secret. It entered popular culture as Oprah did a show on it that was so intense that it flowed over into a second day - a very unusual occurrence.

Energy empowerment can also be done Energetically. I would be happy to offer attendees the Gendai Reiki System Empowerment called Reiju.

The discussion on this topic could go on forever. While Oprah took two days on the Secret. The Secret is only about one of the Universal Laws. There are many.