



LIFE BALANCE
CHIROPRACTIC CENTRE

WELLBEING AT WORK INITIATIVE

**We help you and your team
make transformations in
Wellness, Resilience and
Performance by helping
you Feel Well, Grow Stronger
and Live More.**

We believe people are the heart
of every business. The health and
resilience of those people will
determine the sustained success of
your team and organisation.

**BRANDS
WE WORK
WITH**



FIND YOUR LIFE BALANCE



HOW IS ILL-HEALTH AND SICKNESS AFFECTING YOUR WORKPLACE?

41% The most common reason for days off was musculoskeletal issues such as:

- Back pain
- Neck pain
- Muscular Issues

30.6 MILLION DAYS

37% The second most common reason or days off was mental health issues such as:

- Anxiety
- Depression
- Stress

15.2 MILLION DAYS

*Sickness absence in the labour market:February 2014. Analysis describes sickness absence rates of employees in the labour market.

THE COST TO YOUR BUSINESS

On average, **every employee in the UK is absent from work for 6.9 days**. This costs the average UK business **£554 per employee each year**. (Recruitment international, 2016)

Employees who stay in work when sick are costing businesses **£77 billion** annually in lost productivity.

A Study of 32,000 workers revealed that **employees lose an average of 30.4 days annually of productivity due to ill health at their desks**.

The results showed similar findings across sectors and organisation size.
(Consultancy UK, 2018)

HAS YOUR TEAM LOST THEIR BOUNCE?

Our free wellbeing at work initiative is our attempt to help you keep your workforce happy, healthy and feel valued as a result of our visit to you.

How do you start? Contact us on events@lifebalancechiropractic.co.uk to arrange a day and a time that suits you

LET'S WORK TOGETHER

CUSTOM SPINAL AWARENESS SESSIONS FOR YOUR TEAM

EXPERT ADVICE

Our team of leading Chiropractors don't just love improving your health - they obsess over it. Our team is highly trained and educated to provide the best advice to empower you and your health.

CUSTOM SESSIONS

We listen to your needs and tailor a programme that's custom for you and your team, ensuring that they're non-disruptive to the working day.

ELEVATED EXPERIENCE

Improving your health alongside your peers is a great way to bond and have a good time. Our team host one on one personalised sessions.

Email events@lifebalancechiropractic.co.uk to find out more about our FREE mini consultations and Digital posture assessments.

OUR METHOD

Our corporate wellbeing at work days and Spinal Awareness Sessions take people through our 3 step process.

1. DISCOVER

is where we gather powerful objective data about you and your team's unique postural health story, using our innovative digital posture assessment app to help you better understand your body.

2. DESIGN

is where we then use your unique postural health data to design a custom report for you and give you personalised advice on how your postural health can be improved with specific stretches and exercises.

3. CREATE

Is when we can create sustainable transformation for you and your team as we are able to give you further recommendations if you want any help with implementation.

HOW DOES IT WORK?

We liaise with your HR department or office manager and arrange a date and a time that suits you for a visit. Either on a project by project basis or exclusive brand partnership to help create an exclusive brand partnership to help create an elevated brand experience.



WHY YOU SHOULD CHOOSE US

CASE STUDY

British Gas introduced 'Back Care; workshops in response to recognising an increase in musculoskeletal disorders among their workforce. They saw a 43% reduction in back related absences and a return of £31 on every £1 in the programmes.

MEASURABLE OUTCOMES

- Improved employee productivity
- Less stress
- Healthier decision-making
- More energy and sleep
- Happier, more satisfied staff
- Healthier habits
- Reduced sick days
- Stronger workplace culture
- Less Headaches and Backpain



“This is a tough economy. Stress reduction and mindfulness don’t just make us happier and healthier, they’re a proven competitive advantage for any business.”

Arianna Huffington, the Huffington Post

REGISTER YOUR INTEREST

YOUR FIRST NAME

YOUR LAST NAME

COMPANY NAME

YOUR POSITION

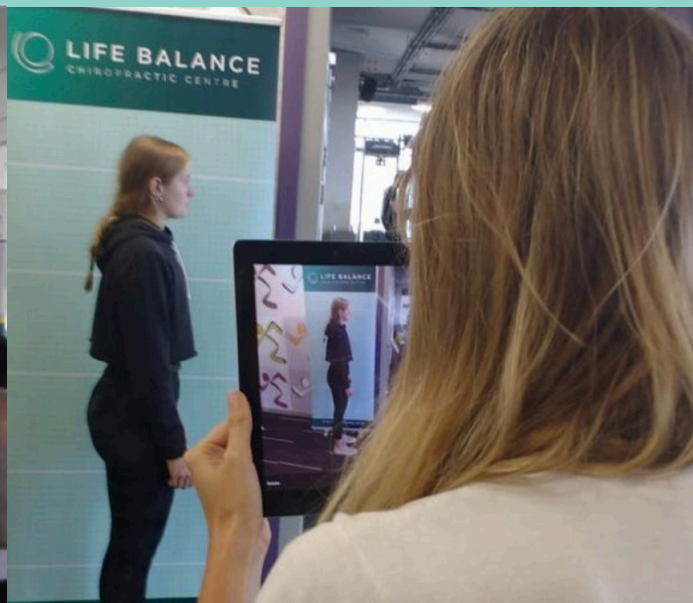
MOBILE PHONE NUMBER

BEST DAY AND TIME TO CONTACT YOU

EMAIL

WHAT WILL IT COST YOU?

We do not charge for our services when we come to your workplace to educate and serve your team. We benefit by sharing our knowledge of your body and how to get the best out of it. As a result, we often see many employees come into the centre at a reduced fee.



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