

A Happier Workforce in South African Businesses

MAIN POINTS:

- Stress Relief
- Greater Relaxation at Work
- Improved Ability to Perform Under Pressure

SUMMARY

We asked employees from three South African companies in different industries to score between 1 and 10 on questions relating to problem solving, working under pressure, meeting deadlines, change in stress levels, and feelings of overwhelm and anxiety.



OUT OF **146 RESPONSES**
from 11 employees, 66%
were answered favourably
- i.e. 7/10 and higher.

66% ANSWERED
FAVOURABLY

WHAT IS BARS IN BUSINESS?

Access Bars® in Business invites you to look at your company differently by using powerful questions to rewire focus and empower the individual to tap into their own internal compass and skyrocket their ability to problem solve and deal with everyday office stressors.

Access Bars quietens a racing mind, reduces stress and gives the brain a replenishing space – which encourages creativity, an increase in productivity and a deep sense of relaxation and relief from overwhelm and stress.

KEY FINDINGS

COMPANY 1:

BRAND AND COMMUNICATION GROUP – JHB & CAPE TOWN **BETTER SLEEP & MENTAL CLARITY**

- On average, participants from this company recorded an 80% improvement in their quality of sleep by the end of the programme.
- 40% of participants said they felt less anxious after having their Bars run, whilst 40% reported less mind-chatter & overthinking.

COMPANY 2:

COMPRESSOR AND GENERATOR HIRE – CAPE TOWN **IMPROVED FOCUS & ENERGY LEVELS**

- On average, participants saw an 80% increase in focus and mental clarity.
- All participants recorded increased energy levels after Bars.

COMPANY 3:

FOOD MANUFACTURER & DISTRIBUTOR – JOHANNESBURG **GREATER EASE & RELAXATION**

- 50% of participants reported having more ease in their lives after having their Bars run.
- And 50% reported a deeper sense of overall relaxation by the end of Week 6.

Testimonials



The 30 minutes I spend having my Bars run each week is the best part of my week. I find myself relaxing immediately and at times, falling asleep and waking up feeling like a brand-new person!



I feel much calmer after having my Bars run. I find I'm not so reactive to stressful situations, and I feel I am more in control.



It's an amazing treatment that has allowed me to take time away from the usual work triggers for a short while; and helped me focus more after the session.

Moreso, my weekends have become more enjoyable without as much stress and worry as I previously had about work pressures.

