

What Our Clients Say About Us

“The day began with a lecture from HCE, and to say it blew us away is an understatement. The managers came prepared for a usual meeting of sheets, handouts, slides and lectures but what they got was unbelievable. The feedback from our managers was “so inspiring and enlightening”. Today totally brought us back to look at things differently, and taught us business managers to get our minds right, then everything else will flow naturally. I would highly recommend this to any business meeting, at all levels, in fact I would say that it is crucial to anyone in business now. Anna and her therapists have such an infectious attitude to life, highly, highly recommend this program”

Liz Lawlor, Area Manager, NBTY Europe.

“My thanks to HCE for the provision of very professional service which was provided at our recent Conference in Dublin. The entire team were indeed great ambassadors for HCE and extremely knowledgeable”

The Health, Safety, Environment & Sustainability Team, ESB Service & Electric Ireland“

Anna and her team were amazing at the International Women’s Day Conference . This was their 2nd year with us, and it was a great support to our theme of networking. We will definitely be asking Anna and her team to attend again next year”

Yvonne Clarke, University of Limerick

“I have considerable experience in alternative health and well being as well as vast experience in Global communications. My experience of your team was such a pleasurable one, each one of your team were welcoming, energised, professional and just a joy to connect with as well as been energised myself through some healing I observed first hand the value add you and your team brought to the event. I will most certainly be recommending your services at every opportunity and congratulate you on bringing such a strength of authentic healing to the field, it genuinely had a positive contagion effect.”

Margaret ;Pendulum Summit 2015



Directors of Holistic Centre of Excellence with Anna Gibson-Steel CEO



**Phone: 061-381947
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Corporate Wellness Program

Holistic Centre of Excellence

Wellness Programs to reduce stress in the workplace and build team spirit among colleagues



www.hcoe.ie 061-381947

Improve your Corporations Health

Stress-the biggest common dominator in the current workplace, can prove difficult to manage and indeed it is an expensive problem that is costly for organizations, not just financially through sick-leave, harassment cases etc, but also through reduced performance from staff experiencing stress and low staff morale.

Corporate Wellness Programs are specifically designed to be delivered in-house during normal working hours or on-site at an external venue. The frequency and duration of the program is tailored to suit the specific requirements of the corporation.

The success of our programs has been outstanding both to the individual employees and to their organization as the team building benefits raises productivity.

Typical On-Site Set-up



Unique to our Programs

- Live experience of stress-reduction
- Empowering individuals and their Corporation by teaching techniques that will fit easily into their busy schedules
- As the only training college of its kind in Ireland we are in a position to deliver trainings as well as treatments
- We have access to the most qualified professional therapists
- 5* Corporate Wellness Retreat Breaks
- Full on-line personal wellness training program

Benefits

- Enhances Employee's Health
- Creates better team spirit
- Increases productivity
- Enhances creativity & innovation
- Leads to better streamlining and ideas that produce a zero defects
- Encourages a lean business approach in a calmer environment
- Increases Staff Care Reputation

Wellness Program Outline

- Consultation to identify specific requirements of your Corporation
- Presentation of proposed program
- Interactive presentation to staff on unique stress reduction techniques that provide instant relief
- Provision of Professional Therapists and Equipment to deliver on-site stress reduction treatments
- Follow up Consultation
- Personal Wellness Program available on-line for busy executives that need the ability to access training from anywhere in the world
- One to one support from a therapist available via Skype
- Consultation for in-house set up of on-going Wellness Program
- Provision of Annual Wellness Program-from once per year to one day per week, tailored to suit the Corporation