

Natural Onsite Wellbeing Ltd (NOW) was set up earlier this year. It is a stress-management company designed to deliver active stress management in the workplace. By introducing regular stress management, not only is individual stress reduced, but organizational stress is also diminished. This seeks to reduce absenteeism thus employers cut costs and gain productivity leading to employees feeling more engaged.

Having taken a career break from Bank of Ireland, Claire Burrows sought a change of direction and started a reflexology practice.

Regular clients began reporting improvements in their stress levels particularly in relation to work. A qualified reflexologist, Burrows also has a 20-year background in customer service and business analysis in the financial services sector. She works with HR and senior management to build a business case for employee well-being within the organisation.

Using her stress-management skills, she works with a team of therapists covering massage, reflexology, yoga and nutrition to develop a bespoke programme for each client organisation.

NOW's very first client was Canada Life and it has seen continual benefits from its quarterly well-being programme, which has in turn made a big contribution to Ibec's Nutrition and Health Foundation (NHF) forum in which Canada Life is acting as a case study.

Bank of Ireland 's business advisor who was approached for start-up funds is qualified in holistic massage and so was very aware of the benefits of the proposed business idea. The County Enterprise Board provided business training and mentoring.

NOW plans to work with other members of the NHF forum to build on the work already achieved. With a dedicated team available countrywide, the company can deliver onsite stress management to any location across the country.