

8 July 2013

Dear

For eleven years Studio Cirq has provided its teaching services to corporate and government groups. Since 2002 we have taught at the workplace of more than 60 corporate or government clients.

We are developing a separate strand of our business in association with Dr Nadine Cameron of Body Map, and this is where your input would be extremely valuable to the content of the programme.

Staff productivity, workplace satisfaction (and thus staff retention) are linked to general employee wellbeing. Many staff, however, lack substantive knowledge about important health measures and/or the organisational and motivational skills to implement these. With this in mind we are designing information and workshop packages for the purpose of helping your staff achieve maximum wellness. These can be delivered at your workplace and tailored to suit your staff needs.

To assist with the basic design of our packages we are inviting you to answer a few questions about your staff needs.

As a reward I will send you a gift package from Aesop for your time.

Please complete either online or I can send you a hard copy if you prefer to hand-write.



1. What are the main health challenges faced by your staff?

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2. What areas of wellbeing (eg exercise, nutrition, stress management) do you think your staff would benefit from learning about?

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3. What are the most effective ways of presenting information to your staff (eg lecture style presentations or workshops [combining information and purposeful activities])?

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4. How much time could you imagine your organisation devoting in total to provision of wellbeing-related activities (of the nature we provide)?

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5. Would your organisation's preference be for a series of short information sessions or longer (half-day or day-long) sessions?

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6. Do you think your staff would benefit from individual follow-up consultations to help them establish/ meet personal health goals?

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7. Would your employees be interested, subsequent to participation in our wellbeing training, in discount classes to our yoga, Pilates and meditation classes?

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