

Reflexology in the Workplace - Testimonials

TO WHOM IT MAY CONCERN

Re: Beverley Parmar

Beverley has been coming to RBSIF (Royal Bank of Scotland Invoice Finance) in her capacity as a Reflexologist for the last year.

She was introduced to RBSIF, as the company held a wellbeing event to help staff during a very difficult time. The company allowed staff to attend a 1/2 hour session and paid half towards the cost.

Since that date, Beverley has continued to come in and treat those of us that require reflexology during our lunch hour. This is paid for by ourselves, with the company providing the First Aid room for the 2 hour slot.(Beverley has agreed to evacuate the room should an emergency arise.)

Having Reflexology has been a boon to me, and I know from speaking to the other members of staff who have continued this therapy that it enhances their wellbeing.

We also enjoy the luxury of not having to go to a town centre. Having Beverley come to the work place is very beneficial.

I can only say that if other people can be given this benefit, I am sure that employers as well as employees will reap the rewards.

Sincerely

Mary Davis- Stiff

Testimonial 2

To who it may concern: I have been having Reflexology treatments with Beverley Parmar since she began visiting our offices at RBS Invoice Finance and feel that I benefit greatly from these sessions. If I have had a stressful morning my lunchtime session really helps to relax and revitalise me.

I suffer from a bad neck and back which is aggravated by desk work and Reflexology helps so much with this.

I probably wouldn't have time to have reflexology outside work so it is great to be able to have some "me time" at the office.

In my professional capacity as a manager in the office, I have not found there to be any disruptions to my staff working practices as they visit in their lunch hours and Beverley makes all appointments directly with her clients or by email. They definitely do feel the benefits of the reflexology though.

Kay O'Neil

(January 2010)

Testimonial 3

TO WHOM IT MAY CONCERN

Beverley Parmar has been visiting our offices at RBS for about a year now and I have found the treatments very beneficial. I find Reflexology very relaxing and de-stressing.

I had seen a Reflexologist out of the office but found it hard to fit in with full time work. The fact that Beverley comes here means I can have regular treatments in my lunch hour.

Having Beverley coming into the office doesn't seem to cause any disruptions to office life but benefits my colleagues, myself and thus to the company, greatly.

Linda Wilkinson – January 2010

Testimonial 4

To Whom It May Concern

I have been having Reflexology treatments with Beverley Parmar since she started coming into RBS.

I really enjoy my regular treatments and find them very beneficial. Reflexology has helped me with a very painful foot complaint and the everyday aches and pains gained by sitting at a desk all day. The fact that I don't need to leave the office in my lunch times to receive this treatment is a real positive.

I would thoroughly recommend having Reflexology in the work place. I look forward to my sessions and feel it a real positive to my working day. I am sure the company benefits from my colleagues and myself receiving this treatment.

Dianne Cross
26th January 2010