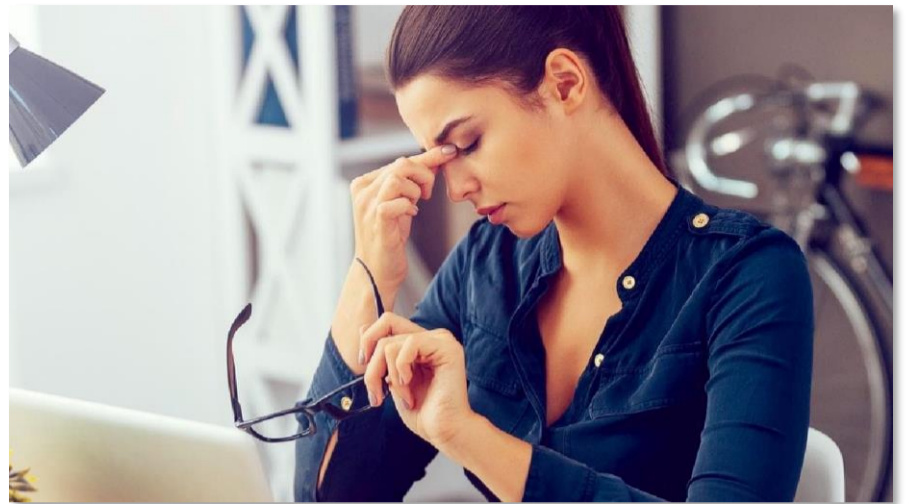


# How Reiki can Help Your Team Manage Stress



**47%**  
*Canadians  
consider their work  
to be the most  
stressful part of  
their daily life.*

## CANADA'S ANNUAL BURDEN OF STRESS: \$20 B

Stress has hidden effects on your team

- Missed work
- Errors
- Burnout
- Team conflicts

***“Stress affects your team. Reiki  
helps.”***

*Shebbaz Dervesh*

## REIKI HELPS REDUCE STRESS

Reiki benefits for your team

- ✓ Calms the nervous system
- ✓ Helps with deep relaxation and lowers stress
- ✓ Promotes clarity and focus
- ✓ Creates a positive attitude towards work
- ✓ Brings teammates together



**Dervesh Wellbeing**  
INNOVATIVE WELLBEING SOLUTIONS

[dervesh.ca](http://dervesh.ca)

## Option 1

### Try an On-Site 60 mins Reiki based Dervesh Wellbeing Workshop

- On site guided Reiki experience
- Individual stress coaching toolkit
- Ideal for 3-12 members



Shehbaz Dervesh, Founder

As an auditor and consultant, Shehbaz helped multi billion \$ businesses around the world – and also saw stress up close.

In 2016, Shehbaz experienced stress reducing properties of Reiki in his personal and professional life. The results were so compelling (especially for a trained auditor) that Shehbaz decided to leave his corporate job and start *Dervesh Wellbeing* with a mission to create and offer Reiki based stress reduction programs.

Shehbaz is a Reiki Master and Teacher and a Certified Life Coach. He is passionate about helping your teams effectively manage stress and improve performance at the same time.

**“Powerful work. My migraine was gone in 20 minutes.”**

*Eleanor Long*

## Option 2

### Customized Innovative Wellbeing Component for Your Teams

Customize and add a *Dervesh Wellbeing* component to any on or off site event

- new management orientation
- team building sessions
- staff retreats and picnics
- milestone celebrations
- employee recognition programs

- Sit back, relax on normal office chairs
- No mats, special clothing or equipment needed
- Soothing music will be played in the background during each guided Reiki experience

Learn more at [dervesh.ca](http://dervesh.ca)

**Regardless of your industry, stress still affects your teams. Try a new way combining Reiki, life coaching and innovative stress management tools to help your teams effectively manage stress and improve performance.**

Contact us today at 604-313-7939  
[hello@dervesh.ca](mailto:hello@dervesh.ca)  
[dervesh.ca](http://dervesh.ca)

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