



wimpole therapeutics

Stress & Mediation Solutions

Discover Your Corporate Potential



The bespoke service for forward thinking business

Mission & Values

Our Mission:

- To listen, understand and deliver excellent service
- To help your company reach its full potential, productivity and profitability.
- To ensure that effective and harmonious working environments and employee / management relationships are sustained within the company.

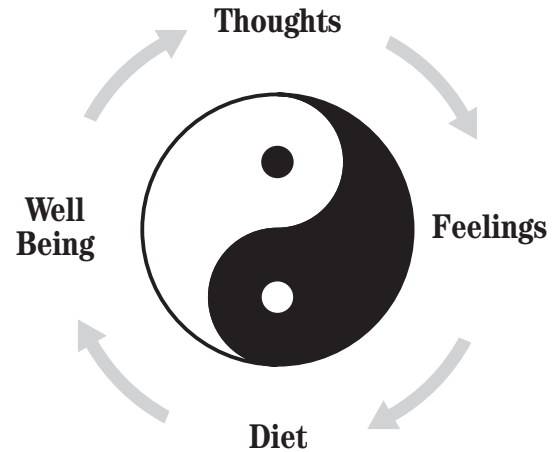
Our Values:

- Commitment
- Integrity
- Quality

What we Achieve

We work to empower your employees and enable them to reach their fullest potential. We achieve this by focusing on the above factors and turning negative cycles of diet, thought, feelings and actions into new positive, life affirming ways of being.

Invest in the wellbeing of your employees by assisting them to achieve a better quality of life



“Your thoughts affect the way you feel ... your feelings affect the way you eat ... what you eat affects the way you feel ... these factors determine the well-being and effectiveness of your workforce.”

The cost of stress

- Stress is the second highest contributor to absence from work.
- Each new case of work-related stress leads to an average of 29 days off work.
- The British Occupational Health Research Foundation now estimates that 17 million working days are lost each year due to work-related stress, more than twice as many as caused by workplace injury.
- It is the most common cause of long-term sickness absence amongst non-manual workers.
- The direct cost of lost working days is estimated at around £11.6 billion per year, but indirect costs could increase this to as much as £33billion.
- Workers exposed to stress for at least half of their working lives are 25% more likely to die from a heart attack, and have 50% higher odds of suffering a fatal stroke.
- Over 500,000 British workers per year suffer illnesses related to stress.

How your company can benefit

Our unique Stress Mediation Programme is designed to address the physical, mental and emotional well being of your employees, with individual modules to suit the specific needs of your company.

Our Programme includes a complete system of Therapeutic Modalities, and leads to the following benefits:

- **Improves quality of life**
- **Effectively releases tension and all associated symptoms**
- **Naturally enhances mental focus and concentration**
- **Provides practical techniques and strategies for use in everyday life**
- **Develops clearer communication**
- **Promotes personal motivation**
- **Vastly improves teamwork and group dynamic**
- **Enables employees to become responsible for their own well being**
- **Encourages personal development**

How the programme is structured

Each session lasts for two hours, working with two people at a time, shared between the two therapists.

Sessions commence with an individual consultation to assess the needs of each person.

This will develop understanding of the particular types of stress they experience in their lives, including lack of motivation and breakdown in communication, along with any other negative symptoms they may suffer from.

These symptoms may include:

- Lack of focus and concentration
- Restlessness
- Troubled sleep
- Neck, shoulder and back pain
- Headaches
- Worry
- Anger
- Fear
- Poor digestion
- Upset stomach
- Nausea
- Irritability

Each person will be asked to describe their own personal experience of the various symptoms of stress, any problems within both their working and personal lives, and how they would ideally like to manage their reactions.

This is an important factor in the way we work, for as each person is unique and individual, so are the particular symptoms of stress they experience.

Talking openly and in the strictest confidence with the therapist allows each person to begin the process of identifying the underlying route causes of a problem.

Participants will then receive individual dietary advice, and will be taught simple, effective exercises and techniques, providing them with the tools which they can use immediately to gain greater physical, mental and emotional well being.

Modules to suit your company's needs

Motivation

Improved Focus, Concentration,
Self-confidence,
Enthusiasm, Teamwork

Stress Management

Identify, Acknowledge,
Release, Reconstruct,
Reinforce

Mediation

Communication, Listening,
Understanding, Cooperation,
Coherence

Creative Solutions

Each module focuses on the development of specific qualities, and can be adapted depending upon the needs of your company. After choosing your required module, simply contact us to arrange your appointment, or to discuss in more detail any specific requirements you may have.

Sessions & Availability

Sessions last for two hours, and are available during the following times:

Mondays	10.00am to 2.00pm
Tuesdays	9.00am to 11.00am
Wednesdays	9.00am to 11.00am
Thursdays	9.00am to 8.00pm
Fridays	9.00am to 4.00pm

Pricing [tax deductible]

One person (<i>in depth consultation</i>)	£200
Two people	£200
Four people	£380
Six people	£540
Eight people	£680
Whole Day (<i>up to ten people</i>)	£800
Whole Week (<i>up to 22 people</i>)	£1540



Stella Kitching

BSc., MMAIB, MIPTI

**Clinical Nutritionist, Complementary Medicine Teacher & Practitioner, Author, Tai Chi and Qi Qong instructor
Founder of Wimpole Therapeutics.**

Stella Kitching began her journey to the Holistic Arts 12 years ago and has run many Holistic and Stress Management workshops since.

She started her career in Complementary Medicine as a lecturer of Nutrition and Stress Management at City and Islington and Barnet College in London. In addition she taught Tai Chi and Qi Qong.

Stella helps people who are overwhelmed and exhausted by their high-pressure lives, to achieve a long-term level of physical, mental, and emotional well-being. She also helps people with eating disorders, and assists them in achieving optimal health through nutrition, activity and nutrition supplements when appropriate. She enjoys helping her clients to achieve a sense of balance in their lives, allowing them to be free from destructive health habits and behaviours.

Stress has been proven to naturally increase cellular activity and to reduce the effectiveness of the digestive system

which can lead to nutritional deficiencies. Stella's unique methods aim to tackle these symptoms effectively and efficiently.

During the sessions Stella will explain how good nutrition is an important stress-fighting tool and will teach you how to use other techniques such as Positive Thinking, Meditation, Visualization and Self Acupressure to relieve the blockages that cause headaches, stomach aches, stiff neck and more.

Stella will also evaluate: Your Body Fat Level, Basic Metabolic Rate and Daily Calorie Intake/Output (DCI) and examine your digestive system using iridology. She will then recommend a well balanced diet to help you to reduce stress and deal with stress related physical symptoms such as Weight Changes, Constipation, Insomnia, Exhaustion, High Blood Pressure, Irritable Bowel Syndrome, Eczema, Raised Blood Cholesterol, Eating Disorders, Headaches and Migraines, Infections, Backache and Arthritic pain.



Cheyne Towers

M.B.A.Th.H., GQHP

Cheyne Towers studied hypnosis with the late Reverend Dr. Vernon Bell of East London, who was a founder member of the British Association of Therapeutical Hypnotists in 1951.

He is a member of the British Association of Therapeutical Hypnotists, and is registered with the General Hypnotherapy Register, the General Hypnotherapy Standards Council, and The National Board of Professional and Ethical Standards (U.S.A).

For the past 23 years Cheyne has been training in and teaching various forms of martial arts, with a focus on Taiji and Qigong. As the founder of Heart-Mind Therapies he has a wealth of experience teaching these wonderful methods of self-empowerment and healing to people from 7-80 years old, including those with M.E., M.S., Crohns Disease, Parkinson's Disease, Arthritis, Osteoporosis, Asthma, and various other conditions.

Heart-Mind Therapies

The concept of the 'Heart-Mind' is Chinese in origin, and refers to the unification of the mental and emotional bodies. Creating a balance between the mind and emotions is essential for stress management,

enabling an individual to become more focussed and calm in every situation, and therefore more productive within the work environment.

Cheyne will begin each session by focusing on simple exercises designed to relax the muscles, gently stretch and invigorate the tendons, develop better posture, oxygenate the blood, calm and regulate the Heart and Mind. All methods will be appropriate to the needs of the individual, with some exercises focussing on release of neck and shoulder tension, back, stomach, chest, hips etc.

Each person will then be shown how to use the power of their mind to develop a profound experience of well being, and will be guided through a process of deep relaxation and release of mental and emotional tensions via simple methods of self-hypnosis.

It is during this phase of work that all specific problems are dealt with, and will focus on the particular qualities and skills outlined in the chosen module. For example if the chosen module is 'Motivation', then the associated skills of Self-Confidence, Enthusiasm, Teamwork etc. will be nurtured and developed.

All participants will be taught how to effectively use these methods in their daily lives.

Sessions are held at Wimpole Therapeutics

Wimpole Therapeutics is located in the heart of “Harley Street Area” London’s world-renowned medical centre of excellence. The “State of the Art” clinic provides first class facilities and expert advice and treatment.

Wimpole Therapeutics occupies the whole of the first floor of No.2 Wimpole Street, London and its six treatment, Mind Body Studio Room and Personal Training Room include ultra modern exercise and treatment equipment, two shower and changing rooms, a reception and water garden.

At Wimpole Therapeutics, we strive to provide all our clients with a superbly relaxing environment. The clinic is a sanctuary for body and mind specially designed to provide holistic treatment.

We work tirelessly to provide a soothing environment where our clients can feel at home, while working to achieve better overall health and fitness.

For many of us, pain, stress and stiffness have become a way of life. Too much of our energy is consumed by tension and unnecessary stress. At Wimpole Therapeutics our goal is to help you break out of the cycle of stress and propel yourself to a healthier and more fulfilling life.

We also offer a wide variety of treatments and fitness programs for both mind and body, and are all uniquely designed to fit your specific needs.

Our staff of professional practitioners and fitness instructors are all highly-qualified with excellent communication skills, positive attitudes and a passion for complementary medicine. Whatever your particular ailment, we offer a holistic, long-term solution. Here is just a small list of the conditions we specialize in treating:

- Stress
- Headaches
- Anxiety
- General aches and pains
- Back, neck and spinal problems
- Insomnia
- Irritable bowel syndrome
- Sciatica
- Nutritional disorders
- And many, many more

We strive to put you on the road to a healthier lifestyle and keep you on it! At Wimpole Therapeutics your health is our number one priority ...

It's why we're here!

Sessions are held at Wimpole Therapeutics

Appointments

Please telephone 020 7491 7767 to book appointments.
Please give as much notice as possible if making a cancellation.

Cancellations

If you are unable to keep your appointment, please ensure you give at least 24 hours notice or a cancellation fee will be charged.

Public Transport

Our nearest Tube Station is Bond Street (Central and Jubilee lines). Oxford Circus Tube station is a mere 5 minute walk (Victoria, Bakerloo and Central lines). We are situated at number 2 Wimpole Street – which is adjacent to John Lewis (the department store).

Parking

An underground car park is situated in Cavendish Square which is directly opposite John Lewis. Alternatively, Wimpole Street and its surrounding streets are well serviced with parking meters.

Opening Times

Monday to Friday 9.00am-8.00pm
Saturday 10.00am-4.00pm

Contacting us

Telephone: 020 7491 7767
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www.wimpoletherapeutics.com
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