



Rejuvenation
Centre
Fit for Work





“Insufficient access to support for patients in the early stages of sickness absence can lead to longer-term or repeated episodes of absence.”

“Even when the most effective strategies are in place to promote and protect their health and well-being, employees can still become unwell. When this happens, employers need arrangements to enable an early return to productive employment, accelerating where possible, but never compromising, the individual’s sustained recovery.”

Working for a Healthier Tomorrow, Dame Carol Black, Crown Copyright 2008

Two details every Employer should know...

An employee who goes off sick because of stress and does not return to work within the first two weeks is likely to stay off work for 6 months or never return.

It costs a company, on average, 150-250% of one year's remuneration to replace an employee who leaves.

E Rejuvenation Centre's Fit for Work Programme is specifically designed to support stress-related absentees to relax, recover their energy and experience a fast improvement in health and well-being.

Our guarantee to you:

We aim to get your employees who are absent for stress-related reasons back to work within two weeks.

We will continue to support them not only to work but also to perform well and prevent a recurrence, as long as needed.

If your employee does not return to work within one month and you are not satisfied with their progress we will refund 100% of the initial fee.

Your guarantee to us:

You will support your employee to attend an E Rejuvenation Session every day for four weeks and twice a week for a further three months.

FIT FOR WORK PROGRAMME

stage 1 Initial consultation with an E Rejuvenation Consultant

The purpose is to establish a clear goal for the programme with the client. This will include returning to work as quickly as possible following significant improvements in relaxation, health and wellness. The session includes completion of a questionnaire for a Tangible Outcomes Assessment, measuring the health and lifestyle results of the programme.

Daily 60 minute E Rejuvenation session for four weeks (5 or 7 days a week)

An intensive programme to help the client relax and recover quickly so they are back to work within two weeks, continuing for a further two weeks to support the return to work and prevent recurrence. A Tangible Outcomes Assessment and Report are completed at the end of week 4.

N.B. Employers must support employees to find time for these sessions during this critical period.

Continue with daily E Rejuvenation (only in severe cases)

A few clients may need to continue with daily sessions for a while longer. This is usually where the external causes of stress are long-term and severe.

N.B. Employers will be informed in advance if it is the opinion of the E Rejuvenation team that a client may need this extra support.

stage 2 E Rejuvenation twice a week for three months

Continued support of the client builds up a habit of relaxation and healthy lifestyle. Employees learn how to protect their health, prevent stress, handle pressure and heal the root of the problem. This results in increased happiness and inner peace, clearer self-understanding and consequent improvements in all aspects of health.

*A Tangible Outcomes Assessment is completed at the end of each month and a final Report after 3 months.

N.B. Employers must support employees to attend these sessions to establish a stable foundation for long-term healthy work.

Ongoing E Rejuvenation (optional once or twice a week)

Clients will benefit from ongoing E Rejuvenation for overall wellness and long-term prevention of sickness.

*See 'Analysis of the Effects of E Rejuvenation on Clients' Stress, Physical Health and Emotional Problems' for further information on results.
www.erejuvenation.co.uk/research



**“We look to employers to seek to...
facilitate a timely return to work, should ill-health occur, including,
for example, the use of amended duties, flexible working options or
rehabilitation services.”**

Healthcare Professionals Consensus Statement 2008

**“The business case for promoting and supporting employee health
and well-being is becoming increasingly clear. Employers can gain
clear benefits in reducing employee turnover and increasing the
productivity and engagement of employees.”**

Chartered Institute of Personnel and Development

Prices

Stage 1

Initial consultation | Daily E Rejuvenation sessions for 4 weeks
Emergency Relaxation CD/download – for instant relief in a crisis | Telephone support
Tangible Outcomes Assessment Report

Option 1 (7 days a week – recommended if practical): £3,088

Option 2 (5 days a week): £2,288

Additional sessions @ £100 each

Stage 2

26 x E Rejuvenation Sessions (twice a week for 13 weeks)
Online relaxation course – for stress relief at home and work
Telephone support | Final Tangible Outcomes Report

Cost: £2,688

Contact

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Save money, time and energy!
www.erejuvenation.co.uk