



<u>www.bars.chispaarsh.com</u>



WELLNESS & TRANSFORMATION PROGRAM

Utilising a new possibility for creating healthy workspaces

Access Bars in Business can support your organisation with tools to:

- Destress and prevent burnouts
- Approach conflict resolution creatively
- Convert challenges into opportunities
- Enhance strategic and creative thinking capabilities
- Improve performance and productivity

The programs are tailor made, keeping in view the goals and objectives of the company. Combining Access Bars, a 30minute light touch technique on the head with facilitation using questions and statements, can help rewire focus and empower the individual to tap into their own internal compass for clarity, solving problems and dealing with every day stressors.

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Access Bars in Business

It is an oasis of opportunity for people looking for a profound route to self-discovery and inner development. It is a chance to let go of selflimiting beliefs and embrace the limitless potential that resides inside. I will always be indebted to Chispaarash Catalyzing Change for its magic, and I carry its transformative power with me on my continued journey of growth and evolution.

Manoj Ramakrishnan Founder & CEO of Book a Trainer India



DOES IT WORK?

Bars are facilitating new and established businesses, including those in transition, to achieve a larger footprint, with tools to improve decision making, resolve conflicts and crisis, and harness untapped potential for personal and organizational growth. It quietens the racing mind, and releases stress.





is present in over 170 countries, with over500,000 practitioners across the globe, offering life changing tools to individuals and workspaces.

It is currently used in businesses, schools,hospitals and even prisons around the world to address concerns of stress, uncertainty and staying positive in a changing world.

Research and case studies conducted by third parties establish that the processes are capable of altering your brain waves to more conducive states of relaxation, thereby enhancing performance and productivity too.



25%

of the employees felt significant reduction in their fatigue levels

40 %

people noticed significant change in creative thinking





Interview DD National On YouTube



Findings from a recent corporate program to address severe stress

50%

Stress levels for more than 50% people moved from severe to moderate



As Clients Say ...

Awesome experience with Arshiya's Access bars classes. A truely blessed soul who has come to heal people. It's been 10 days only since I did my classes and a tremendous change I see in myself and my surroundings. Guys meet her without a doubt and if you really wana make your life free from blockages.

Way to go Arshiya

40% of respondents experienced a significant change in anxiety levels.

Mamta Ramaswamy Corporate Lawyer Mumbai

40 %

I had a really good experience at the Access Bars Workshop with Aarsh..It was truly an eye opening session and the tools are so so amazing.. The actual way of living our lives is what my takeaway from the class is.. And Aarsh is really an amazing facilitator.. it was really fun with her and she makes sure that you do it 100%. Would definitely recommend it to people who actually wanna change their lives for good.

> Harshpriya IT professional, Bangalore



ACCESSIN BUSINESS

CASE STUDY ACCOUNTING FIRM DUBLIN, IRELAND

Access Bars Helps Irish Firm To Retain Staff

67% OF PARTICIPANTS RECOMMEND ACCESS BARS

as a way to relax, connect with other staff, and lower stress levels in the workplace.

CHALLENGE

An accountancy firm in Dublin changed offices, and as a consequence, the team morale went down to the point where they were losing key staff.

SOLUTIONS

The firm approached Access Consciousness, which introduced a wellness program using the Access Bars and Access Consciousness tools.

Over two years, Access Consciousness facilitators regularly visited the accounting firm for three-hour sessions with all 20 employees.

RESULTS

Twelve participants responded to the exit questionnaire. Those results are summarized below.

STARTING POINT

- 33% felt their biggest challenge was stress, while 67% thought they were too busy or feeling overwhelmed at work.
- 50% of participants were excited to try Bars in Business.
 50% were skeptical.
- 58% were happy to explore something new. 42% had reservations about trying a new technique.

AFTER THE SESSIONS

- 98% of participants felt more relaxed, calmer, peaceful, and centered after a Bars session.
- 58% reported feeling more aware with greater mental clarity and focused afterward. 25% did not recognize any lasting changes after a session.
- 58% of participants rated the sessions eight or higher on a scale of 10.
- 67% of participants recommend Access Bars as a way to relax, connect with other staff, and lower stress levels in the workplace.

SESSION CONTENT

- Introduction to Access Bars and Workplace Wellbeing strategies – 90 minutes.
- Discussion about stress management in the workplace – 90 minutes.
- Hands-on Access Bars
 Session for each participant
 30 minutes.



"This is a great way to learn tools to improve personal happiness, which subsequently decreases staff turnover and increases productivity in the workplace."

Participant



ACCESSIGNS IN BUSINESS

CASE STUDY SOUTH AFRICA

A Happier Workforce in South African Businesses

MAIN POINTS:

- Stress Relief
- Greater Relaxation at Work
- Improved Ability to Perform Under Pressure

WHAT IS BARS IN BUSINESS?

Access Bars® in Business invites you to look at your company differently by using powerful questions to rewire focus and empower the individual to tap into their own internal compass and skyrocket their ability to problem solve and deal with everyday office stressors.

Access Bars quietens a racing mind, reduces stress and gives the brain a replenishing space – which encourages creativity, an increase in productivity and a deep sense of relaxation and relief from overwhelm and stress.

KEY FINDINGS

COMPANY 1:

BRAND AND COMMUNICATION GROUP – JHB & CAPE TOWN BETTER SLEEP & MENTAL CLARITY

- On average, participants from this company recorded an 80% improvement in their quality of sleep by the end of the programme.
- 40% of participants said they felt less anxious after having their Bars run, whilst 40% reported less mindchatter & overthinking.

COMPANY 2:

COMPRESSOR AND GENERATOR HIRE - CAPE TOWN IMPROVED FOCUS & ENERGY LEVELS

- On average, participants saw an 80% increase in focus and mental clarity.
- All participants recorded increased energy levels after Bars.

COMPANY 3:

FOOD MANUFACTURER & DISTRIBUTOR – JOHANNESBURG GREATER EASE & RELAXATION

- 50% of participants reported having more ease in their lives after having their Bars run.
- And 50% reported a deeper sense of overall relaxation by the end of Week 6.

SUMMARY

We asked employees from three South African companies in different industries to score between 1 and 10 on questions relating to problem solving, working under pressure, meeting deadlines, change in stress levels, and feelings of overwhelm and anxiety.



OUT OF 146 RESPONSES

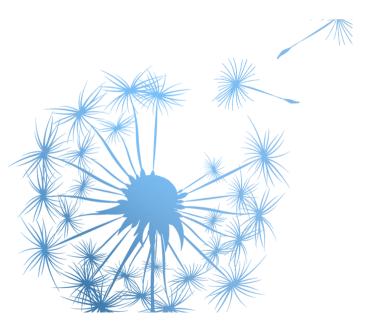
from 11 employees, 66% were answered favourably - i.e. 7/10 and higher.

66% ANSWERED FAVOURABLY



A NEW STRESS RELIEF & BURNOUT PREVENTION PROGRAM

What if there are no problems, just possibilities?



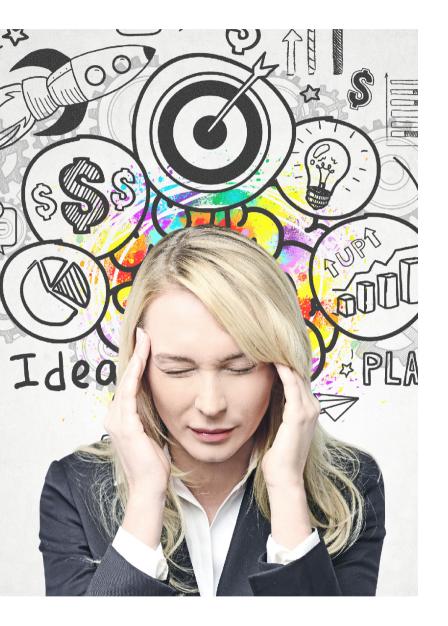




What if ...

... the best way to prepare for change is to **strengthen the mental health** of every employee?





Give your brain a break!

Most people value their brain and think that stopping or taking a break is bad. What if that is when inspiration comes?

When you relax you access new ideas.

Surprise yourself with your creativity and get happier in the process!



What is Access Bars?

Access Bars is a 45 to 60 minutes hands-on treatment that deeply relaxes the brain and the body.

This creates a state of deep relaxation and allows for a decrease in stress, increased performance, increased creativity and more spontaneity.

What does a session involve?

The client lies or sits down on a relax chair or massage table and the facilitator lightly touches different points on the head.



How it works?







During a bars treatment, most clients stop thinking.

When lightly touched, the Bars points stimulate a positive neurological response inside the recipient.

This appears to trigger the body's natural ability to heal and facilitate the physiological changes required for greater wellbeing.

Dive into a state of deep relaxation; relax your brain – relax your body.



What are the benefits?

*Studies in 2015 and 2017 by neuroscientist Dr. Jeffrey L. Fannin and Dr. Terrie Hope PhD, DNM.

- Increased MENTAL CLARITY and reduced stress
- Enhanced MOTIVATION and easier communication
- Deeper RELAXATION and positive effects on migraines and insomnia**
- Enhanced MENTAL HEALTH: reduced symptoms of depression, panic attacks, and anxiety*
 - Greater intuitive AWARENESS
 - Greater PROBLEM SOLVING and conflict resolution.



THE BRAIN BEFORE & AFTEROEEG Z
SCOREBARS
Before Access BarsAfter Access BarsScale

DYSREGULATIO NORMAL

Dysregulation in brain activity. Impaired activity, both too little (blue) and too much (red).

© Dr. Terrie Hope

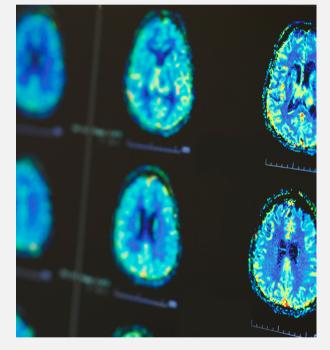


WHAT DO SCIENTISTS SAY?

Stress anxiety and depression effect social functioning as well as occupational and academic performance.

They can be detected in qEEG as dysregulation in brain activity. Impaired activity, both too little (blue) and too much (red) are evident before Access Bars in these scans.

After Access Bars (1 hour to 90 min session) they return to and normal.



© Dr. Terrie Hope



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STRESS RELIEF **TREATMENTS** – ACCESS BARS

//002

TIME & STRESS MANAGEMENT WORKSHOPS

Training your staff in dealing with any difficult and stressful situations that may arise at home, through work or in the world.

For those who desire to give their brain a break, recharge their batteries and get a new clarity



WHAT RESULTS CAN OUR PROGRAMS AND COURSES HAVE?

- Increase productivity and profitability.
- Reduced sick days and sick leave.
- Sense of empowerment and happiness in the workplace.
- Increased resilience and mental clarity.



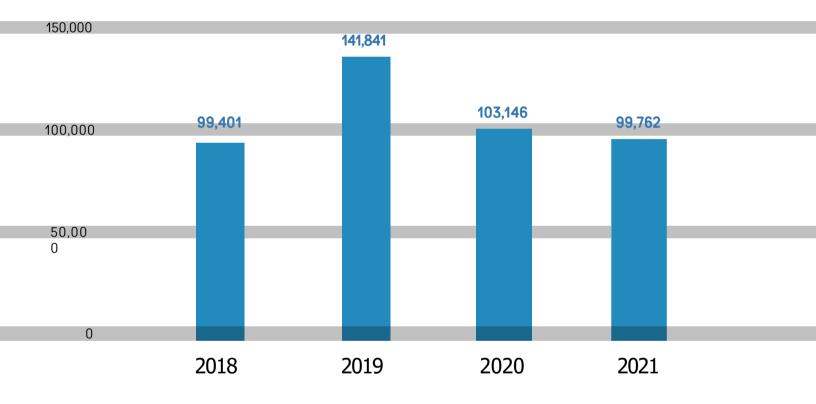


How widespread is Access Bars? Access Bars is practiced in over **170 countries worldwide**, with over **500,000 practitioners**.

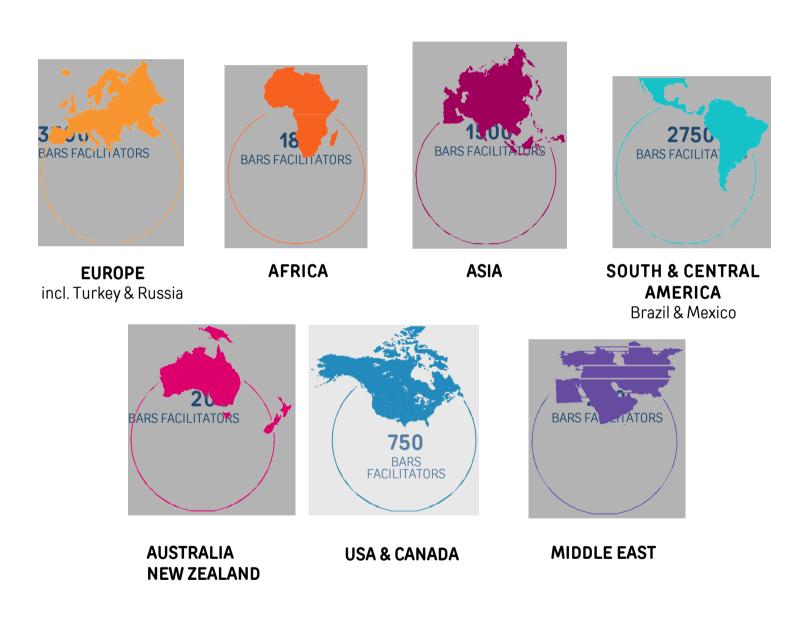
It is currently used in businesses, schools and even prisons around the world to assist with stress, uncertainity and staying positive despite what is going on in the world.



PARTICIPANTS IN BARS CLASSES





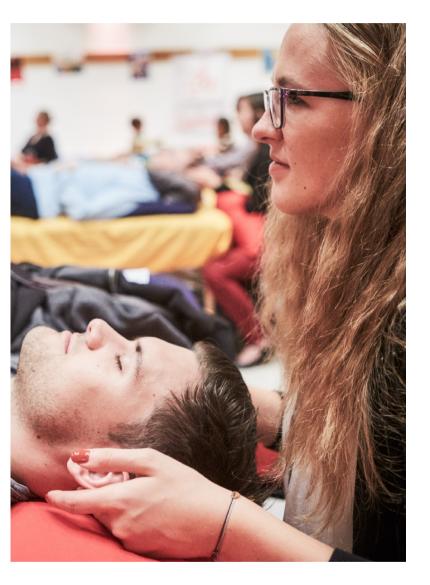




Current Bars Facilitators worldwide

8,800That is a 3% growth since early 2021.





We don't do standard programs.

We always **tailor our programs** after what the situation and company requires.



CASE STUDY SOUTH AFRICA

Testimonials



The 30 minutes I spend having my Bars run each week is the best part of my week. I find myself relaxing immediately and at times, falling asleep and waking up feeling like a brand-new person!



I feel much calmer after having my Bars run. I find I'm not so reactive to stressful situations, and I feel I am more in control.



It's an amazing treatment that has allowed me to take time away from the usual work triggers for a short while; and helped me focus more after the session.

Moreso, my weekends have become more enjoyable without as much stress and worry as I previously had about work pressures.

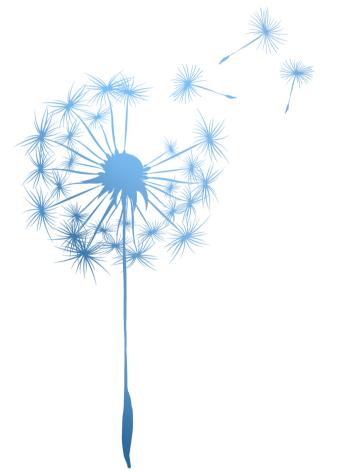


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THANK YOU.

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