

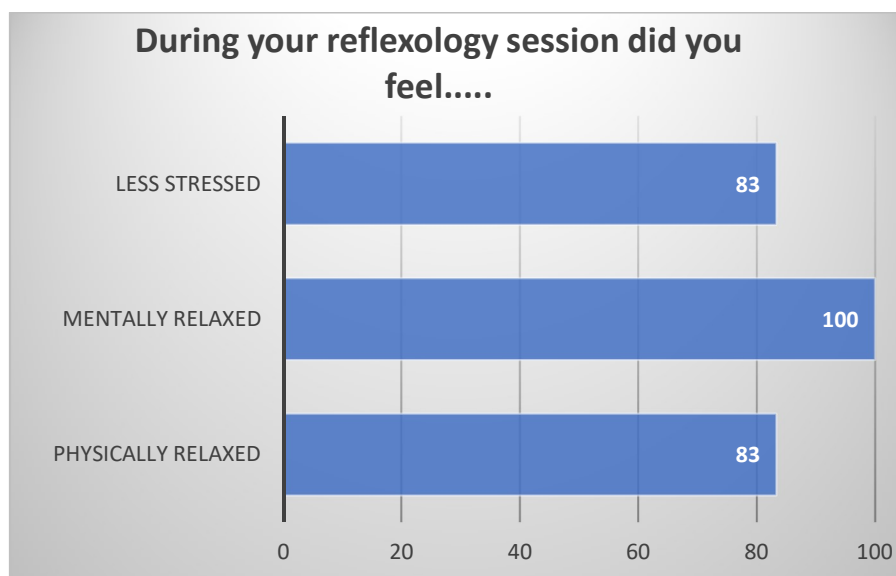
Evaluation of Office Reflexology

Future Generations Commission - October 2018

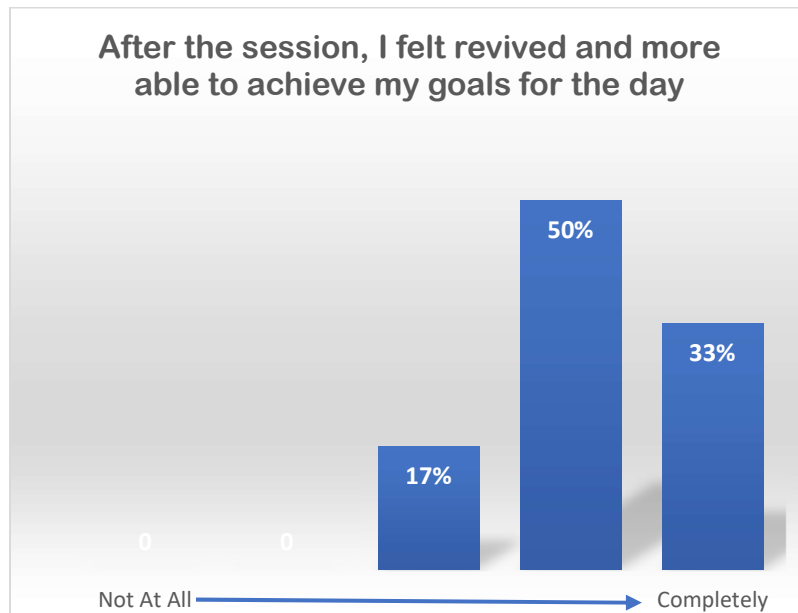
In October 2018 Hand to Heal Reflexology visited the Future Generations Office in Cardiff. The office organised reflexology as part of their staff wellbeing initiative.

A total of 8 members of staff attended this first reflexology session. An evaluation was undertaken to determine whether sessions would continue, which they did. Responses to the Survey Monkey evaluation were received from 90% of attendees.

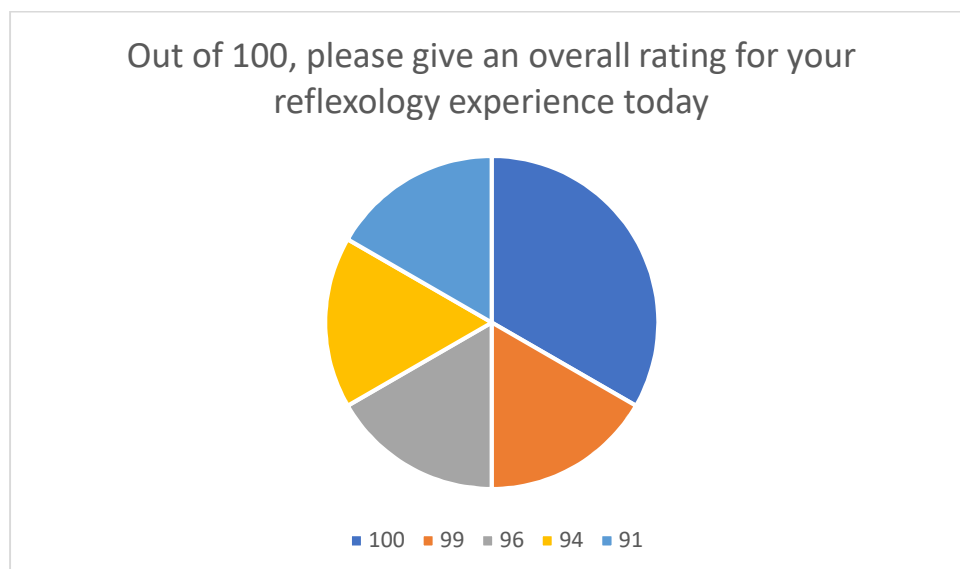
Headline results are presented below. Other questions in the survey considered the ambiance of the room, time of day and frequency of reflexology sessions in the future. These have been omitted from this report.



Sessions were 30 minutes long and staff were allowed to take time during the working day to attend, they did not sacrifice their lunch break time. This is an important element of a wellbeing initiative – staff should be encouraged to take part with the acknowledgement that ultimately the organisation gains from facilitating wellbeing sessions. The next result shows the benefit of this, with excellent results showing people directly linked feeling more productive after their reflexology session.



Sessions were held in a small room within the office. This was very convenient for people being able to pop in straight from their desk, however some noise spill-over was audible from office conversations so a room slightly removed would be more ideal where possible. This may have influenced people's overall rating below, but please note **100% of respondents gave a rating of over 90 out of 100 for the experience**, with 30% giving the full 100 score.



Respondents were also asked if they would recommend office reflexology to a colleague or other workplace and **100%** said they would.

100% said they thought the session offered excellent value for money. The rate charged was £15 for 30 minutes.

40% of respondents said they would prefer a longer session of 45 minutes, 40% said they thought 30 minutes was the right amount of time and 10% wanted a 60 minute session.