

# Bad Vibe Busters®

## ENHANCING PERFORMANCE AND WELLBEING IN THE WORKPLACE THROUGH STRESS BUSTING, MEDITATIVE, THERAPEUTIC SOUND

### ONE PAGE SUMMARY

In these progressive times where the corporate world is increasingly exploring new ideas and strategies, Bad Vibe Busters® presents an all new, refreshingly different, unique offering of a Corporate Sound Immersion. Expanding or rearranging the Corporate Wellness mix to include therapeutic sound is a 'sound' strategy, clearly backed up by science.

While meditation is increasingly gaining traction in the business world, therapeutic sound is deeply meditative and so much more. It is an accessible, effortless, enjoyable experience. Participants can't get it wrong, they don't have to 'do', 'learn', 'think about' or 'strive for' anything – just close their eyes, relax and reap the benefits as they experience sounds and vibrations that reduce stress, re-balance emotions and enhance both performance and alpha and theta brainwaves for creativity. In other words; de-frag, re-boot, optimise and upgrade!

The benefits will become apparent and should be able to be quantified by an improvement in any of the following: stress, anxiety, burn out, anger, depression, fatigue, sleep patterns, health issues, pain levels, conflict, bullying, resilience, self-regulation, absenteeism and stress leave, medical claims, worker's compensation, workplace social environment, staff morale, staff retention, productivity, problem solving, capacity for creative inspiration, quality of work.

Sound immersions are offered in a very practical, flexible, client-sensitive way by specialists who supply everything needed for an event and who have a proven track record in all aspects from liaison to delivery.

Bad Vibe Busters® offers high calibre sound specialists with unique, captivating instruments from all over the world. They create profoundly soothing, uplifting, therapeutic soundscapes that have been embraced across all sectors of society and produced surprising results.

Sound immersions can be tailored to suit many different situations and needs:

- A stand alone event or tied in with other events
- In house if suitable, or arranged at a convenient venue
- From small to large groups, all levels from CEO down, within your organisation or optionally combining with other organisations
- Versatile timing, any time of day from staggered short sessions to one longer session

Standard investment options range from \$550-\$1990 with non-standard arrangements quoted, based on location, venue and requirements. Costs can potentially be offset via user pay arrangements – charging participants a fee or subsidised fee, or involving the staff social club or external participants (e.g. inviting staff from nearby workplaces). All participants receive an MP3 album download of our therapeutic music for ongoing benefits.

With all the pressures of work and life, and a goal of optimal performance, what better time than now to plan some scientifically validated, effortless, restful, restorative, feel-good stress relief – that far surpasses standard meditation and the recent trend of nap classes – for the wellbeing of your team through soothing, therapeutic sound?



“What an impact your event had on the rest of my week - my mood was lifted, I felt light and joyful, I didn't engage in my usual Friday afternoon de-stress wine. I will definitely attend another one of your beautiful sound immersions.

*Kylie Johnson*  
Professional Bookkeeper

“As a project manager for large projects where the vision was clear, but no road map was able to be accurately written up front, I found it an important skill to be able to switch off the mind, and create an opportunity to hear my intuition. I used meditation to assist me in my various challenges, and I am now delighted to see that sound immersions are being acknowledged as an effective tool for greater clarity and efficiency in the workplace.

*Vicki Scott*  
Former Director  
CHOQM Coordination Qld