

組織健康

Organizational Wellness

提升銷售、產生潛在客戶、吸引和保留頂尖人才、培養更健康的員工團隊、讓客戶更滿意以及更多!

Boost Sales, Generate Leads, Attract and Retain Top Talent, Foster a Healthier Workforce, Delight Customers, and More!

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思 THE
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CLUB

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組織健康活動範例

Sample Organizational Wellness Program

靈氣深層熟睡 覺醒煥發活力的祕密！

透過靈氣體驗深度寧靜與恢復，享受深層熟睡的力量。讓靈氣的溫柔觸碰和療癒能量引導您進入深度、寧靜的睡眠狀態。告別不安寧的夜晚，醒來時精神煥發。探索靈氣帶來的深度療癒，迎接深層休息和內心平靜的旅程。

- 什麼是靈氣？
- 改善睡眠的靈氣引導冥想
- 改善睡眠的小貼士和分享

Reiki for better sleep Awaken and Revitalize: The Secret to Renewed Energy!

Experience deep tranquility and restoration through Reiki, and embrace the power of profound, restful sleep. Let the gentle touch of Reiki and the guiding healing energy lead you into a state of deep serenity during sleep. Bid farewell to restless nights and wake up refreshed and revitalized. Explore the profound healing brought by Reiki and embark on a journey of deep rest and inner peace.

- What is Reiki?
- Guided meditation for better sleep with Reiki
- Tips for better sleep and sharing

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組織健康活動案例

Case Study: Organizational Wellness Program



AIA Vitality Hub - Reiki Gong bath meditation



The Hari Hotel - Reiki meditation session for guests



AIA Carnival - Reiki Sound bath for families and public



A Ma Cultural village - Outdoor Gong bath

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組織健康活動案例

Case Study: Organizational Wellness Program



Project S x The Extra Club - Spin, stretch, meditate



SRL alumni gathering - Gong bath with Reiki meditation



Sofitel Fitness Club Day - Reiki Sea Drum meditation with crystals



HELP (NGO) - Christmas HIIT & meditate

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醫療使用

Use in Medical Community

靈氣療法在醫學界越來越受歡迎，全美有 800 多家醫院將靈氣療法作為醫院護理的標準組成部分。靈氣也是美國耶魯大學護理學院必修科目，世界各地有許多醫院設有靈氣治療師為癌症病人進行輔助性治療。

2018 年哈佛大學的一項研究表明，“靈氣減輕了成年人的心理抑鬱。生物療法（例如靈氣）似乎確實有助於減輕各種患者群體的疼痛和焦慮”。

哈特福德醫院的一項研究指出，靈氣療法使患者睡眠改善了 86%，疼痛減輕了 78%，噁心減輕了 80%，懷孕期間的焦慮減輕了 94%。

Reiki is becoming increasingly popular with the medical community, with over 800 hospitals across the U.S. offering Reiki as a standard part of hospital care. Reiki is also a mandatory subject at the Yale University School of Nursing in the United States, and many hospitals around the world have Reiki practitioners who provide complementary therapy for cancer patients.

A research at Harvard in 2018 stated that "Reiki reduced psychologic depression in adults. Biofield therapies (e.g. Reiki) do appear to be useful for reducing pain and anxiety in various patient populations". A research study at Hartford Hospital indicates that Reiki improved patient sleep by 86 %, reduced pain by 78 %, reduced nausea by 80 %, and reduced anxiety during pregnancy by 94 %.

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了解量思

Learn more about The Extra Club

我們的使命是通過提供有趣且可持續的整體健康服務來創造幸福，這些服務包括有趣和具有挑戰性的冥想、音療、森林浴、和心態培養。

我們的願景是成為最值得信賴的整體健康合作夥伴，培養快樂並散發愛及正能量的人。

Our mission is to create happiness by providing holistic wellness services which are fun and sustainable. Our holistic wellness services include meditation, sound bath, forest bath and mind-set coaching.

Our vision is to become the most trustworthy holistic wellness partner of our participants, developing individuals who are happy, spread love positive vibes.

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認識創辦人

Meet our founder

金蕉 Master 是一位能量大師、催眠師、人生教練，擁有非常多元的科學背景。她致力於幫助人們改善睡眠、釋放創傷，過上更美好的生活。她熱衷於ESG倡議和賦予女性力量。

Mish is an Energy Master, hypnotherapist, and life coach with a diverse science background. Her passion lies in assisting people in achieving restful sleep, releasing trauma, and enhancing their overall well-being. She is also deeply committed to ESG initiatives and empowering women.

www.theextraclub.com/mishwu

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創辦人 - 金蕉 MASTER

Master Mish, The Extra Club Founder

- 美國認證催眠師：增長靈性、釋放童年創傷、前世回溯等。
- 豐富經驗：靈氣大師、聲音治療大師、人生教練、健身教練，修練 Vipassana、昆達里尼、NLP 等。前管理諮詢和銀行高管，同時也是休閒飛行員。
- 科學方法：英國科學碩士，以證據為基礎，追求最佳健康狀態。
- 師承名家：曾受到前日本首相和自由潛水世界紀錄保持者的指導。
- 培訓優秀學員：過去的靈氣學生包括前法國外交官、律師、心理學家和五屆美國空手道冠軍。過去在知名的五星酒店、國際管理諮詢公司、銀行和大學進行教學。現居香港。
- U.S. Certified Hypnotherapist: Develop spirituality, release childhood trauma, explore past lives and more.
- Diverse Experience: Reiki Master, Sound Healing Master, life coach, fitness instructor, practiced Vipassana, Kundalini, NLP and more. Ex-Management Consulting, Banking executive and leisure pilot.
- Scientific Approach: Master of Science graduated in the U.K. Evidence-based practices for optimal well-being.
- Trained by the Best: Mentored by ex-Japan Prime Minister and Freediving Record holders.
- Training the Best: Past students include ex-French diplomat, lawyer, psychologist and five-time U.S. Karate champion. Previously taught at renowned international 5 stars hotels, management consulting firms, banks, and universities. Currently based in Hong Kong.

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收費

Fees

- 定制主題活動 - 帶領冥想和音療：每場活動時長1.5小時，最多22名參與者，收費為\$8,000+。
- 量思需要半小時的佈置和清理時間，在活動前後提供靈性活動方案、設備和指導人員。
- 合作夥伴負責提供場地。

特別優惠

- 在報價後的1周內簽約的首次合作價格：\$3,800。
- 如果The Extra Club可以將活動的照片和影片用於進一步的市場營銷和社交媒體上，我們將再提供\$1,800的折扣。

量思保留所有權利。

- Tailored themed event – Guided meditation with sound bath: \$8,000+ for 1.5 hour event for up to 22 participants.
- The Extra Club will need half an hour setup and half an hour clean-up before and after the event and will provide the spiritual event program, equipment and facilitators.
- The partner will provide the venue.

Special offer

- First-time collaboration price signed within 1 week of quotation: \$3,800
- If The Extra Club can use the photos and footage of the event for further Marketing and on social media, we will give a further \$1,800 discount.

The Extra Club reserved all rights.

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