

## TWO MESSAGE AT WORK BLOG POSTS – Laura Gross

1. <https://massageatworkusa.com/does-your-bank-pass-this-critical-stress-test/>

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# Does Your Bank Pass THIS Critical Stress Test?

September 22, 2016



Good news from the Federal Reserve Board in late June revealed that all 33 of the largest American banks have enough financial capital to manage the stress of a severe economic downturn.

It's easy enough to find out if your bank passed the Fed's stress test on its financial capital. But do you know how's it doing when it comes to stress on human capital?

The financial services industry is one of the most stressful and the toll on companies and their workers, from those at the top of the ladder to those in the trading pits to those who spend hours hunched over computers, is high, both in terms of employee wellness and corporate profitability.

Put together work and money and you have the top two sources of stress in the U.S.: work is reported by six out of ten Americans to be a significant source of stress, next only to money, cited by 64%.

Job stress costs American businesses \$300 billion a year in an era when 50% of corporate profits go for healthcare costs versus only 7% three decades ago.

Stress-related ailments, including but not limited to back and neck pain, carpal tunnel syndrome, high blood pressure, low resistance to infections, depression and anxiety lead to increased absenteeism, turnover, workers compensation claims and higher healthcare costs which have a direct impact on the bottom line.

But there's a solution – both to stress on employees and erosion of profitability due to it.

Corporate chair massage is an accepted treatment for many of the disorders that drain corporate profitability. In addition to preventing chronic conditions caused by stress, recurring massage also may create a more agile organization by increasing alertness, reducing fatigue, enhancing problem-solving, building employee engagement and fostering teamwork.

Are we saying your bank may be more profitable and become a more agile organization if it addresses work-related stress with a recurring program of chair massage?

Absolutely!

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2. <https://massageatworkusa.com/re-engage-employees-with-corporate-chair-massage-at-work/>

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## Re-engage Employees with Corporate Chair Massage at Work

August 11, 2016



Employee engagement isn't just another buzzword, it's the key to your success as a profitable enterprise.

According to Gallup's *State of the American Workplace*, 70% of U.S. workers report not being engaged at work. Gallup estimates that actively disengaged employees cost the U.S. economy between \$450 billion and \$550 billion in lost productivity annually.

In an article in its quarterly journal, "*Why frontline workers are disengaged*," McKinsey & Company recently wrote that one reason for this lack of engagement may be that senior managers are more positive about the organization's ability to motivate employees than are frontline workers. McKinsey data shows "intrinsically motivated" employees are 32% more committed to and 46% more satisfied with their jobs, suffer significantly less burnout than other employees, and perform 16% better.

But how do you get employees to ignite the kind of motivation within themselves that makes them want to go the extra mile for your company, whether to resolve customer issues or come up with an innovative way to accomplish something that's always been rote?

Ideas abound. CEOs hold town halls and try to lead by example. Senior managers preach teamwork and talk about corporate culture and profitability. Financial and performance goals are set, compensation raised, bonuses given, yet to still too many employees, it's just a job.

The answer may be this simple: A recurring corporate chair massage program is a low-cost, highly-valued employee benefit that has real potential to create impassioned, not just engaged employees – to change your company's culture: it improves health while addressing diminished productivity resulting from job stress, fatigue and uninspired problem-solving. It's even shown to increase a sense of belonging.

That's what you want isn't it – a company where everyone feels like they belong and works together for the benefit of the customer and the company?

The result: a more agile organization whose employees are more able to positively, productively and cost-effectively respond to each other, to customers and to environmental changes. Plus, less money spent on addressing chronic illnesses, injuries and absenteeism!

Consider [MassageAtWorkUSA.com](http://MassageAtWorkUSA.com), The Corporate Chair Massage Professionals(tm)!