



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.

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

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.