



**A company
promoting, facilitating
and researching
complementary health.**

Life Quest was founded in 1997 as a vehicle for developing innovative approaches to incorporate complementary health in contemporary health culture.

PHILOSOPHY

Life Quest believes complimentary health is a very effective toll in reducing the symptoms of stress in a work environment. Life Quest addresses issues such as encouraging employees to take responsibility for their well being by adopting practices into their lifestyle. We believe such issues are critical to their development if a vibrant, creative and effective workforce. Life Quest is dedicated to increasing awareness of natural well being.

Life Quest has three main areas of activity.

- Consultancy
- Research
- Project

PROCESS AND PRACTICE

Our approach is to develop a unique tailor made service specifically to meet the demands of the corporate workforce. We design a programme using techniques that have been proven to produce considerable psychological and physical benefits. As an educational facility we encourage an understanding of the basic concepts of complementary medicine and how they can benefit. A wide range of on-site therapists support this.

Working in a pressured environment is all too common these days and so is stress related illness, Some companies are already offering alternative therapies to their staff, which provides a welcome incentive and change of focus for the employee and ultimately benefits the company where individuals health and work performance is concerned. with a much wider pool of complimentary health specialists.

NETWORKS

Building networks is an important aspect of Life Quest's work. Projects and initiatives require different aspects of the complimentary field. Further more its ever increasing and expansive nature makes new contacts essential. We aim to be fore runners whilst promoting the tried and tested we research the new and innovative.



All therapists must have proven their ability to at least one member of the Key Life Quest personnel list.

CONSULTANCY

Life Quest provides consultancy services to private sector companies advising on complementary health therapies in order to help them boost the effectiveness of their work force.

We specifically design programmes to meet clients needs. We aim to understand the unique pressures of our clients business, space and time. We work closely with them on how best to introduce a workable programme into their company. We can offer weekly visits over an agreed period of time or alternatively provide a mini- exhibition over a few days. Life Quest can also supply on-site practitioners to meet long-term needs. One of the most unique services Life Quest offers is to trouble shoot with specific individuals, helping and supporting them deal with repetitive health issues.

Employees are benefiting from sessions without wasting company time, money or their own energies on travel. A healthier workforce is a happier and more productive workforce. In business and money.

Considerable efforts are put into sourcing excellent therapists. We have used our work in the community with **New Dimensions** to help us make informed decisions on those most suited for company work. We understand the difference between New Age image and that of a corporate atmosphere and ensure our therapists are able to make the same distinctions and behave in a wholly professional way.

LIFE QUEST EXPERTISE COVERS:

CONFERENCE CO-ORDINATION: Orchestrating Health days with available multi-talented therapists.

WORKSHOP DELIVERY: sourcing and providing complementary health professionals to give illuminating and stimulating workshops

PROJECT CO-ORDINATION: Analysing and advising on how best to apply a programme of complimentary health within the structure of a company. Planning sequences of events and preparing reports to support our recommendations.

SUPERVISORY SKILLS: working with therapists and employees to provide a happy environment during visitation days.

WORKING TO DEADLINES: providing the company with information and reports it requires.

Life Quest ensures the insurance documents of all therapists are up to date n checks all qualifications.

LIFE QUEST OFFERS WORKSHOPS AND/OR ON-SITE

- ✓ Acupressure
- ✓ Alexander Technique
- ✓ Aromatherapy (clinical diagnosis and/or massage)
- ✓ Biomagnetic Therapy
- ✓ Energy Medicine
- ✓ Feng Shui
- ✓ Flower Essences
- ✓ Homeopathy
- ✓ Indian Head Massage
- ✓ Kahi Loa (Hawaiian massage)
- ✓ Kinesiology
- ✓ Nutrition
- ✓ Reflexology
- ✓ Reiki
- ✓ Shiatsu
- ✓ Sports injury Massage
- ✓ Tai Chi
- ✓ Thai massage
- ✓ Tui Na
- ✓ Zero balancing

and many more

A THINK TANK FOR COMPLEMENTARY HEALTH

Life Quest research activities are carried out under the umbrella of its research programme Health Harmony

FUNCTION

Health Harmonies primary function is to network and link with therapists. We source therapist and consultants, evaluating their ability to express their subject and analysing their value as a potential resource to **Life Quest** programmes.

Health Harmony is also the title of our initial workshops. With the collaboration of our strong group of therapists we have developed a simple programme to dispel a few myths and add a little science. The **Health Harmony** workshops provide an accessible introduction into the general principles of complementary health. They aim to advise on simple ways to aide natural well being such as relieving your own headache using acupressure.

Projects **Health Harmony** is currently working on a periodical health leaflet to provide updated information on events and health issues.

AIMS TO

EXPLORE ...

all new and creative ideas in the constantly developing world of complementary health

ASSESS ...

the impact of news ideas on the community and the workplace

IDENTIFY ...

which treatments or therapies can be most easily and effectively incorporated into an every day living health culture

DEVELOP ...

links with complimentary health bodies and private industry to explore forms of partnership and investment in a reformed social health culture

EVALUATE ...

and enhance current thinking on the relationship between current health culture and that of complementary health

INFLUENCE ...

public policy around the role of complimentary health in the community

EMBED ...

well-being understanding into everyday life by stimulating interest in the community.



NEW DIMENSIONS

Life Quest develops and produces projects and initiatives under its **New Dimensions** programme, promoting complimentary health in the community.

CURRENT PROJECTS

HOSTING WORKSHOPS FOR THE COMMUNITY

New Dimensions is currently working to build community links with the local colleges. We aim to source talks and taster sessions by local therapists with the college advertising through their community literature.

New Dimensions offers energy medicine to primary schools, including demonstrations to teaching staff. This innovative work has had some promising results with Attention Deficient Disorder and Dyslexia. This work is also offered to children on a one to one basis. With new Dimensions sponsoring their places on workshops.

PREVIOUS PROJECTS

COMMUNITY GROUP WORK

A successful community p[roject was run for eighteen months in Enfield north london primarily mothers were encouraged to attend bi- monthly meetings (one daytime and one evening) different therapists attended each month. Taster treatments were made available after the workshops. These well attended events had the interesting and highly rewarding result of a substantial number seeking to become therapists in their own right.

SPONSORING SCHOOLS

New Dimensions orchestrated a successful health evening at Haslingfield primary School in 2001. Twenty - two therapists were persuaded to give their their time freely for the benefit of the school funds. The tickets were completely sold out. **New Dimensions** has been requested to repeat the event in 2002. We have actively provided support to other schools who have endeavoured to copy this event. New Dimensions leant support via Suzanne Mitchell and Maggie Norris to Sawston Village College, in their attempt to host a health week.



KEY PEOPLE

Suzanne Mitchell

MANAGING DIRECTOR

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Suzanne founded Life Quest in 1997. Her work was originally community based eventually becoming the New Dimensions wing of Life Quest. She is actively involved in developing Health Harmony, New Dimensions community projects, as well as managing the Life Quest portfolio. Suzanne is a multi skilled professional with eighteen years experience in a high pressure environment.

She became interested in complimentary health in 1996 when a Homeopathic practitioner successfully treated her baby son in one week for asthma symptoms which conventional medicine had failed to treat after 5 months. Suzanne launched her considerable energies into investing and promoting all kinds of complementary health. Her qualifications include Reiki to Teacher level, Indian Head Massage and Energy Kinesiology (on-going training).

Suzanne has undertaken a number of personal development courses, many as a result of her insurance career including numerous supervisory and people management courses such as The Wilson Learning Series; Social Styles and the Counsellor Salesperson. She has also undertaken 'Introduction to Psycho synthesis.

Margaret Norris

DIRECTOR

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Maggie has worked with both Life Quest and New Dimensions since the outset, her principal roles are to support the programmes launched by Life Quest, she has an advisory role for health Harmony and co-manages the New Dimension community projects.

Maggie has a background in dance and theatre arts, attending Laine theatre Arts and has AISTD and LAMDA teaching qualifications in dance, speech and drama. Maggie has promotional work covering conferences and exhibitions in and around the London area and has live broadcasting experience in commercial radio in both Scotland and England. Additionally she had participated as a presenter of an English language programme produced for Japanese schools television.

Maggie's interest in alternative and complementary health stems from her early experiences as a student of Tai Chi in the late 1980's. She subsequently gained diplomas in Indian Head Massage and Bach Flower remedies and has been a Reiki Master/Teacher for nearly five years. In 2000 Maggie attended the Institute of Traditional Herbal Medicine and Aromatherapy, qualifying in Holistic Aromatherapy, Acupressure and Anatomy and Physiology. Maggie runs her own private practice.

Pamela Rochford

THERAPIST

Email p.rochford@lifequest.co.uk

Pam is a founder member of the New Dimensions programme. She is a Reiki Master/Teacher and holds qualifications in Anatomy and Physiology, massage and Kahi Loa. Pam is experienced in delivering workshops through her work with New Dimensions and Likisma. Pam's background is in beauty consultancy, she worked for many years as an Account Manager for many of the top named cosmetic companies such as Christian Dior, Yves Saint Laurent etc. She became interested first in personal development courses attending the one year 'Introduction to Psychosynthesis' (a challenging into self awareness) where she met Suzanne Mitchell. Pam's played an essential part in the formation of the company, her key role today is still community based co-managing New Dimensions projects and advising on Health Harmony. Pam also has her own private practice and is called upon as a Life quest therapist.

Beatrice Beaup

FENG SHUI CONSULTANT

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Beatrice is an advisor for Life Quest and has been involved since inception, having initially worked on New Dimensions projects. Beatrice has been less actively involved since she moved to Hampshire but still works as the Feng Shui consultant for Life Quest. Beatrice worked for 6 years for an international medicine, Macrobiotics, Astrology and Reiki. Beatrice's interest in ancient sciences eventually brought her to Feng Shui. 1994-5 she studied Foundation and Advanced Feng Shui with William Spear (the community Health foundation). Beatrice has since been on many impressive Feng Shui workshops and additional courses. A full list of her qualifications is available on request. Beatrice has visited and advised a wide range of clients from private home owners to business throughout London and neighbouring counties. She had run workshops in St Albans, Watford and Thames College and given talks to many different groups and organisations, radio and written articles magazines and papers. References and testimonials are available upon request.



KEY PEOPLE

Cindy Faulkner

SHIASTU PRACTITIONER BA MRSS

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Cindy has supported New Dimensions community work and works with Life Quest providing workshops and on-site manager.

Cindy was a professional dancer before becoming involved in the healing aspects of bodywork. Over the past 14 years she has trained in Tai Ji Quan, Qi Gong and Tibetan Yoga and is a teacher of 'Reflexation through movement'.

Cindy has also completed a 3 year training in Shiatsu. She is currently practicing and teaching in Cambridgeshire.

Karina Quye

MAR REFLEXOLOGIST

Email K.Quye@lifequest.co.uk3

Karina has been heavily involved in all aspects of Life Quest programmes since its inception. Karina is primarily a Reflexologist. Since qualifying she has attended many broadening and ground breaking courses in the Reflexology field, such as Prue Hughes 'Linking Techniques' and Chris Stormers 'Universal Energy and Language of the Feet'. Karina has also attended Aromatherapy, Massage, Iridology and Indian Head massage courses. She is a second degree Reiki Practitioner. Karina spent eight years in a professional sales and marketing role before leaving to start a family. She developed an interest in complementary Health in 1994 after attending a ten-week course in Aromatherapy for personal use. Karina has her own private practice. She also is studying for a BA as both a Therapist and eventually hopes to work on the practical side of the business.

Jacqui Frost

HUMAN RESOURCES CONSULTANT,
MSC (MCIPD)

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Jacqui works with Life Quest both in an advisory capacity and in developing workshops, she is a member of the chartered institute of Personnel & Development (MCIPD) and has been involved in the field of Human Resources and Training for over 15 years; formerly in HR Management and currently operating her own consultancy to a wide range of organisations in either the private or public sector.

Jacqui is a certified practitioner of Emotional Intelligence (EI) - a range of developable skills that determines the difference between 'great' or 'mediocre' performances in individuals and makes a difference to the organisation's 'bottom line'. EI also transforms leaders, retains 'talent' improves motivation, innovation and trust; enhances customer relations and helps individuals manage the work/life balance. Jacqui is also a specialist in Psychometrics/Ability Testing, which when combined with Emotional intelligence and practical HR solutions, allows her to deal effectively with human responses to organisational initiatives or issues.

Jill Hutton

REFLEXOLOGIST

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Jill has supported New Dimensions community work and works with Life Quest on-site Reflexology. Jill spent many years teaching in Zimbabwe where she developed an interest in Energy work. On returning to England Jill studied and qualified as a Reflexologist. She is also attuned to reiki and is currently completing her training in Indian Head Massage. She runs her own private practice.

LIFE QUEST ASSOCIATES

Life Quest is able to call upon a wealth of practitioners and therapists, collaborating with some of the most highly regarded practitioners in their field. This pool of talent provides Life Quest with the ability to assemble teams with appropriate skills to tackle the most demanding projects/briefs.

All resumes for therapists used by Life Quest can be made available.

Life Quest requests that all practitioners provide copies of all their certificates and insurance documents, these can be made available for inspection at any time.