

DeROSE METHOD AT NESTLÉ BRAZIL HEADQUARTER

DeROSE Method trainings started in 2007 as part of Quality of Life Trainings. Since then, approximately 410 people have been trained in São Paulo where 1 or 2 hours of daily sessions are organized.

These trainings aim at enhancing the quality of life of the executives and their teams as well as helping them to be more efficient.

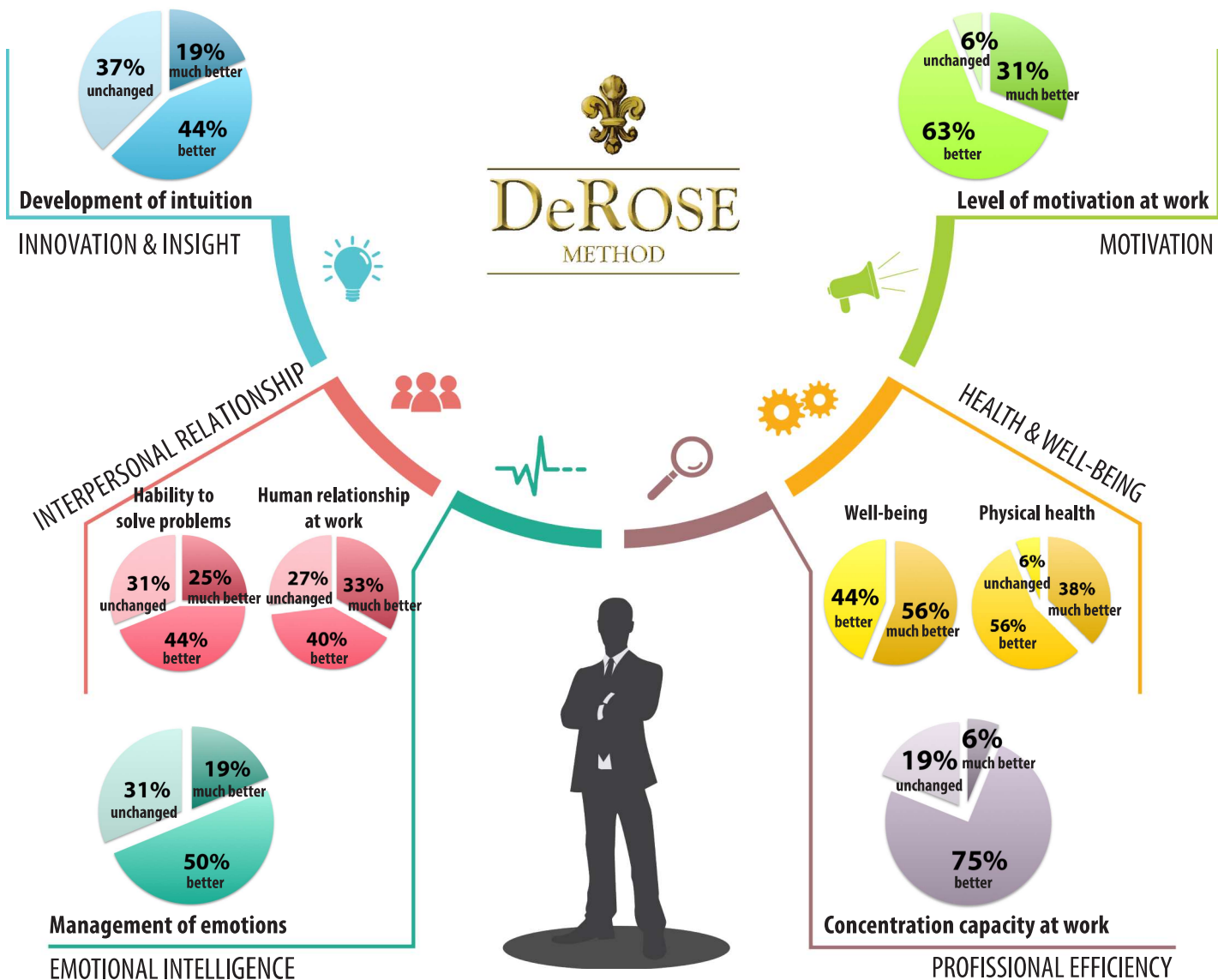
Here are the results of surveys done in 2015 with more than 30 people. These surveys were monitored by Fabio Martins, Global Director of Shopper and Retail at IPSOS.

After at least a few months of training, the employees were asked to measure from 1 to 5* the following criterias:



Rosana ORTEGA, Consultant Expert for Nestlé Brazil

*1= much worse ; 2= worse ; 3= unchanged ; 4= better ; 5= much better.



TESTIMONIES

What do they think of DeROSE Method?

I started practicing DeROSE Method 2,5 years ago and my feeling today is that I'll most likely never stop. The practice acts not only on the physical body but also balancing my emotions and opening my mind. Getting better emotional control turned out on better relationships with my Nestlé colleagues. I have noticed that thanks to the feedback received of my counterparts. Techniques that I learnt practicing DeRose Method have opened my mind in several ways. Engineers use the left part of the brain, but now, I am also activating the right part responsible for creativity and intuition. I am happy of having this great opportunity and, from my perspective, practicing DeROSE Method brought several elements of improvements to my professional life.

S.G.
Integration Manager

This training is very well organized.

N.Y.
Development and R&S Specialist

My well-being improved noticeably since I started practicing DeRose Method.

R. de M.R.
Consumer Knowledge & Consumer Insight Head



Promoting DeRose Method was a great initiative for a better Quality of Life at Nestlé.

J.B.
Customer Care Manager

I really enjoy practicing and I can feel I am getting stronger.

R.S.
Innovation & Renovation Specialist

Practicing DeRose Method is one of my favorite moments of the week. It is when I get to feel fine and relaxed, and enjoy a complete physical exercise which provides me with the energy to work and do all my activities.

L.W.
Technical & Quality Analyst

I love practicing DeRose Method, I never thought I would enjoy it so much.

M.I. do L.
Business Analyst

I have more energy; the time when I used to feel sleepy after lunch is over! I feel an improvement in my memory and my flexibility. And the list of positive results is only going to increase!

A.M.I.
Financial Analyst

This training has become essential to my day to day life.

A.P.F.
Marketing Analyst