



Gill Tree

Managing Director of Essentials for Health, Author, Trainer, Professional Speaker and Award Winning Entrepreneur

Gill is an experienced professional speaker, trainer and the founder of Essentials for Health. She is an ambassador for massage therapy in the UK and pioneer in the industry.

She established Essentials for Health School of Massage in London in 1992 and it has since grown to become the UK's leading Massage School, with a turnover of £600,000. Whilst leading her team at Essentials for Health, she offers aspiring therapists the business training and support required to be truly successful.

Gill has pioneered the way forward for Massage as a profession in the UK and has achieved the following successes:

- She was responsible for the introduction of programmes such as Positive Touch aimed at neonatal nurses working with premature babies.
- She introduced The Infant Massage Instructor's Certificate, Massage in Schools Programme and Massage Conferences, to the UK.
- She published her book, "Total Massage" in 2004.
- She launched the Essentials for Health BTEC Level 4 Diploma in Holistic Massage in 2006, the highest qualification in Massage in the UK.
- Essentials for Health awarded Investor's in People Accreditation.
- She launched her Business Support Club, the Therapists Business Passport in 2010.
- Won prize for "Best Business" at Entrepreneurs Business School in 2010.
- Currently Business Expert for Massage World magazine.

This year, Gill is celebrating 21 years in the industry and to mark this, she has written her **Manifesto for a Pro-Touch Society**.

Background

Gill Tree made medical history when in 1963 she was the youngest baby in the world to have open heart surgery. Subsequent visits to her consultant led to her developing an interest in preventative health care, initially through diet and exercise and later in complementary therapies and practices such as yoga and meditation.

Gill originally embarked on a career in social work until 1989 when a journey to Kenya proved to be her wake-up call. Whilst climbing Mount Kenya, she became disorientated and became lost. She discovered the inner strength and purpose to survive for five days. On her return to the UK, she became fascinated by how the mind works during survival and pressurised situations and trained in NLP before being drawn to train in massage. This led to her establishing Essentials for Health.

She is a woman with a purpose who believes that everyone has the opportunity to feel more healthy and energised if they follow preventative health care regimes, receive loving touch regularly and discover their own unique meaning of life.

She is now an entertaining public speaker and regularly presents at national health events and exhibitions, such as CAM EXPO and the FHT conference. Gill has been interviewed on Radio 4 Women's Hour and presented a series of 15 minute programmes about massage and stress management on GMTV. She also speaks on Stress Management to organisations such as BT, Atkins Global and the WWF.

Gill has written contributory articles in the following publications: Asset magazine, Career Secretary, Head Teacher, High Net Worth. Business skills articles in Aromatherapy World, The Therapist, GCP magazine and Massage World. She has also featured in the Independent on Sunday, Here's Health Magazine, Daily Mail, Times Educational Supplement

Her energy and enthusiasm for life is infectious. Her presentations at conferences are interactive with lots of opportunities for delegates to participate. You can see her present at: <http://www.youtube.com/watch?v=Wk-KHMnd7P4> .

Gill's vision for the future is to transform lives by spreading the healing power of touch.

Relevant Professional Qualifications:

Neuro-Lingusitic Programming Practitioner
City and Guilds Further and Adult Education
Teachers Certificate
BA (Hons.) in Public Administration (2.1)
ITEC Diploma in Massage, Anatomy and Physiology

Professional Assoc. Membership

International Stress Management Assoc.
British Holistic Medical Association
Professional Speakers Association
British Complementary Medical Assoc.