

Ergonomics Session with Gail Korpan

June 12, 2026

Attention: To Whom It May Concern

AI-Terra is an employee-owned company that prioritizes treating ourselves and others kindly. One of our Core Values emphasizes the importance of maintaining a balance between work and play, “*work hard, play hard and do what is right, **always***”. We recognized that with the fast pace of our daily work, we were overlooking the importance of self-care within our workday.

Through our ergonomics session with Gail Korpan, we were introduced to practical techniques focused on posture, movement, and workstation setup. These small adjustments, such as improving monitor positioning, incorporating micro-breaks, and being more aware of physical strain, can make a noticeable difference in comfort and focus throughout the day. The session was engaging and provided practical, easy-to-implement strategies to reduce strain, improve comfort, and support productivity throughout the workday.

Gail's approach made it clear how small adjustments to posture and workstation setup can have a meaningful impact, and the team walked away with actionable tips they could apply right away.

Yours Truly,

Well-Terra Team
AI-Terra Group Ltd.

