

# Workplace Counselling & Employee Assistance Services



## SERVICES

- \* Confidential workplace counselling sessions
- \* Conduct independent workplace wellness assessments
- \* Work with internal team on employee assistance programmes
- \* Workplace Counselling Helpline (Qualified Psychologist on call)
- \* Cognitive-behavioural therapy (CBT)
- \* Employee wellness policy design
- \* Resolving workplace conflict
- \* Building resilience
- \* Building emotional intelligence
- \* Critical Incident Response
- \* Fitness for Work Assessments
- \* Talks to promote psychologically healthy and safe workplace
- \* Psychological health awareness training

## BENEFITS

- \* Psychologically healthy and safe workplace
- \* Increased productivity and work performance
- \* Context-specific employee assistance programmes
- \* Resilient and emotionally intelligent workforce
- \* Harmonious working relationships and cohesive teamwork

## THE CHALLENGE:

The pandemic has triggered feelings of fear, anxiety, depression and social isolation. Research has shown that dealing with the psychological heavy toll of the pandemic, personal as well as work challenges has a direct impact on workforce productivity. Employees are now under increasing pressure to manage stressful situations that affect their work performance. Employee wellness and wellbeing as we know it has changed, and thus a new approach is needed.

## THE BUSINESS CASE:

- \* The post-pandemic workplace is a minefield of stressors and emotional challenges
- \* Company success depends a lot on employee health and wellbeing
- \* Employee wellbeing is critical to job performance and productivity
- \* Unchecked personal problems can affect performance and productivity at work

## THE SOLUTION:

- \* Confidential round the clock psychological and employee assistance support services for dealing with personal and work-related issues
- \* Counselling sessions and employee assistance support services offered by a qualified and registered Industrial & Organizational Psychologist