

People need people

An individual's work and life journey



STARTING OUT

- > MyCoach for People Leaders
- > Psychometric assessment



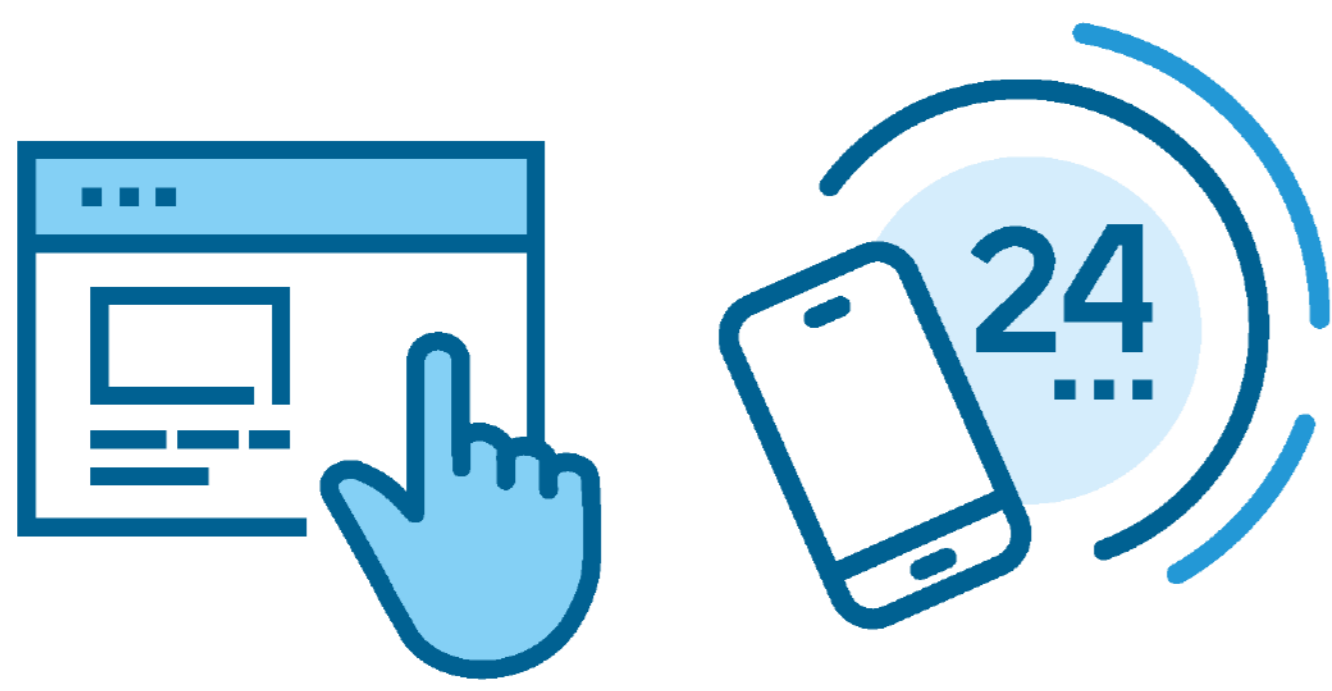
LEARNING THE WELLBEING CULTURE

- > EAP welcome pack
- > Best You briefings



THRIVING IN THE WORKPLACE

- > Seminars and workshops, e.g. Mental Health Learning Pathway
- > Mental Health First Aid



LEARNING SELF-HELP

- > BeneHub Resource Centre via website and app



MANAGING KEY FINANCIAL DECISIONS

- > MyCoach for Money



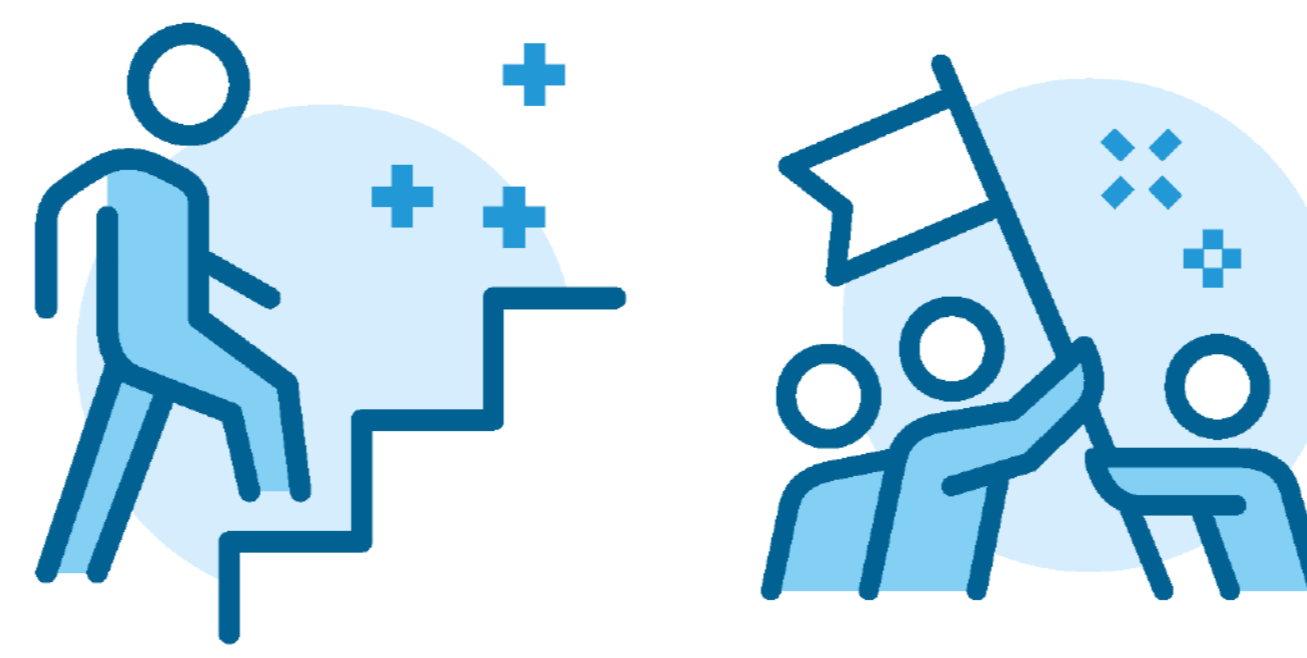
LOOKING FOR SELF-SUPPORT

- > Peer support programs
- > Mental Health Learning Pathway
- > Embedded Workplace Support
- > Health and eating well



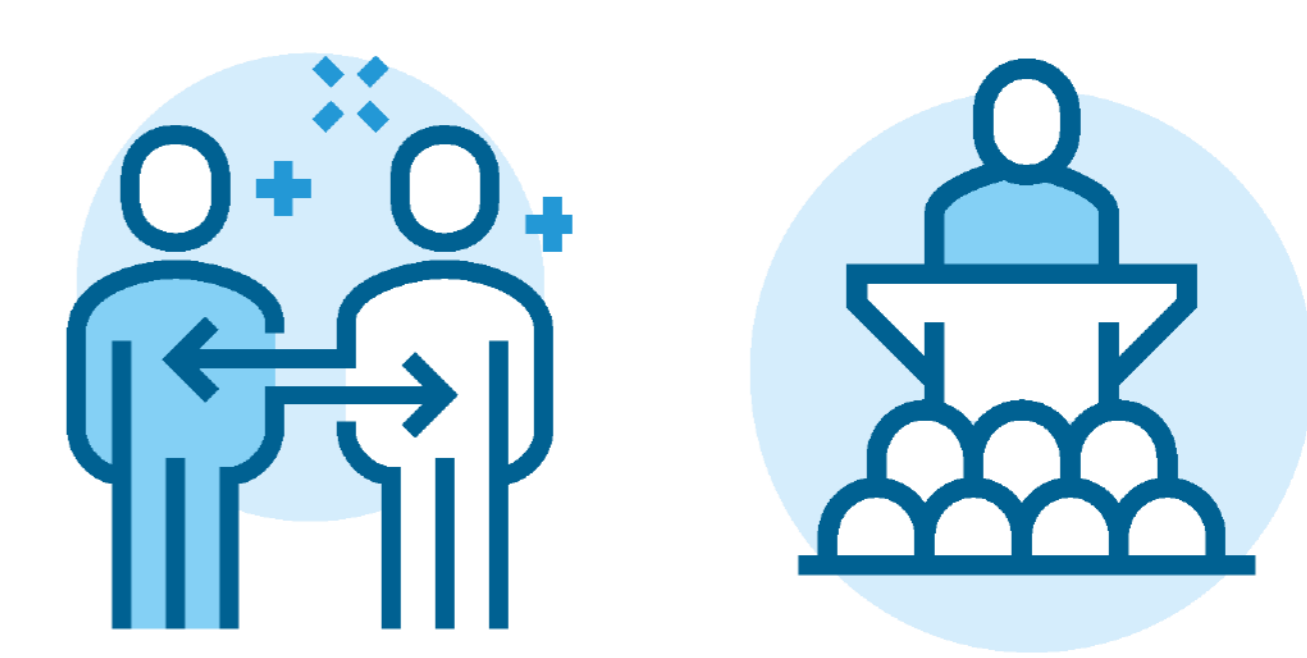
LIFE-LONG RELATIONSHIPS

- > MyCoach for Individuals
- > Couples counselling
- > Extended family support



CAREER ADVANCEMENT

- > Leadership Learning Pathway
- > MyCoach for People Leaders
- > Peer support leadership coaching



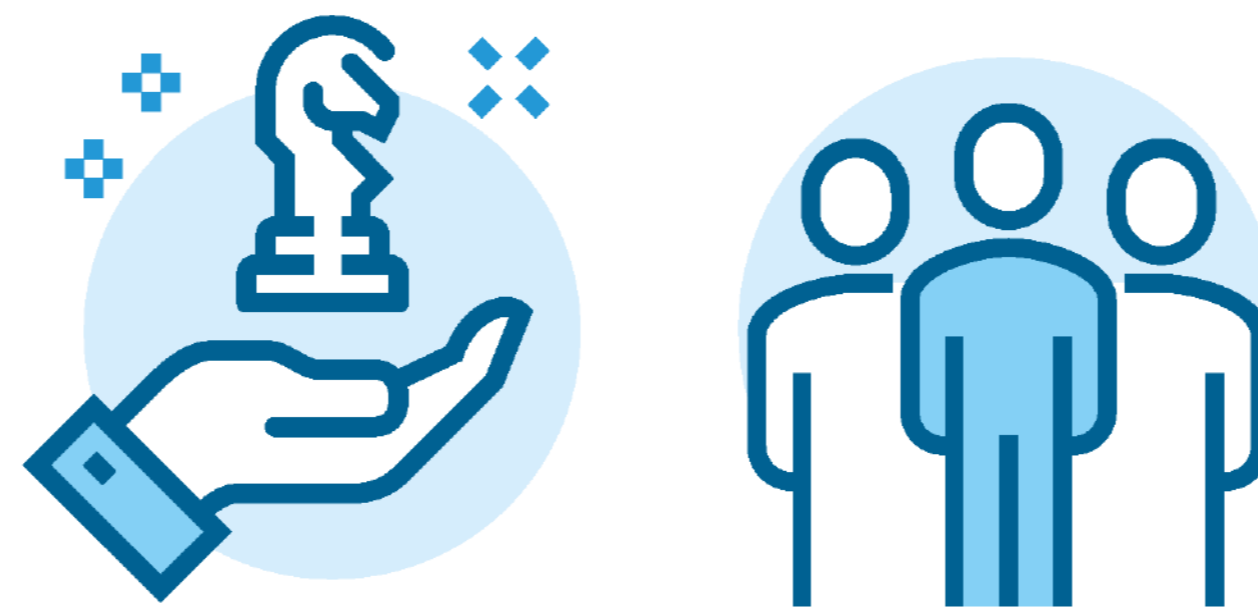
LEADING PEOPLE AND MANAGING PERFORMANCE

- > MyCoach for People Leaders
- > Mediation
- > Seminars and up-skilling
- > Resilience
- > Leadership coaching



STARTING AND SUPPORTING A FAMILY

- > Win Win Parenting seminars
- > MyCoach for Individuals



HANDLING DIFFICULT SITUATIONS

- > Individual and group supervision
- > Mediation
- > Embedded Workplace Support
- > Well-check



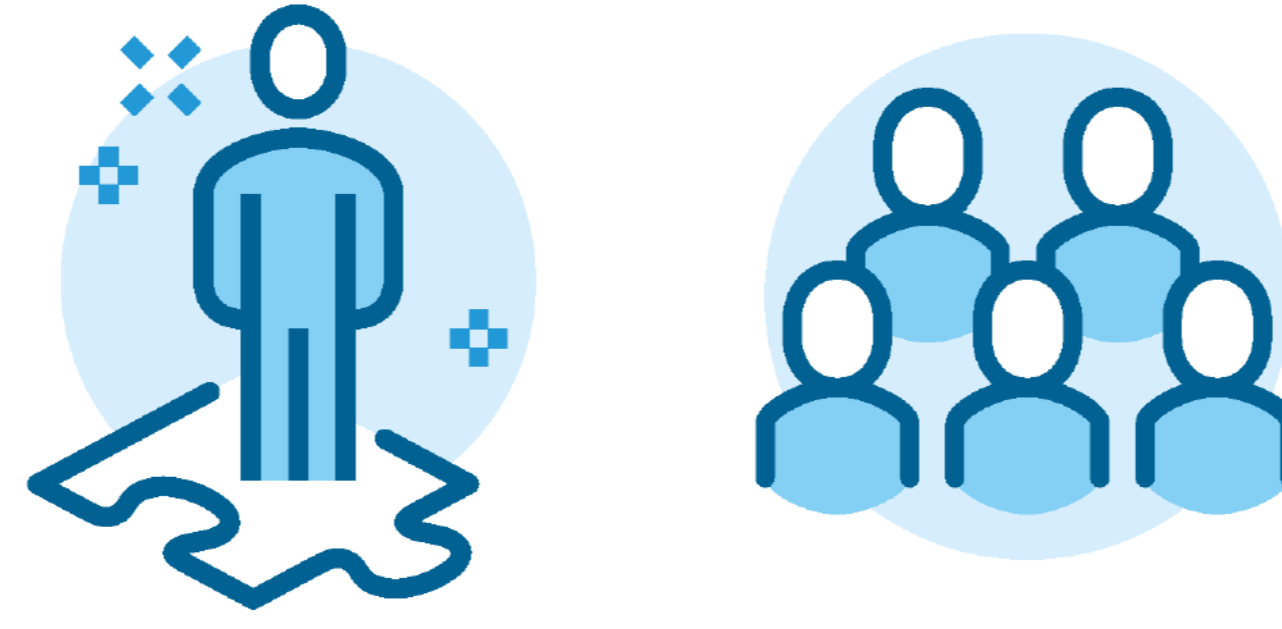
CRITICAL EVENTS - KEEPING PEOPLE SAFE

- > Critical Incident Onsite Support
- > Well-check
- > MyCoach for Individuals
- > MyCoach for People Leaders



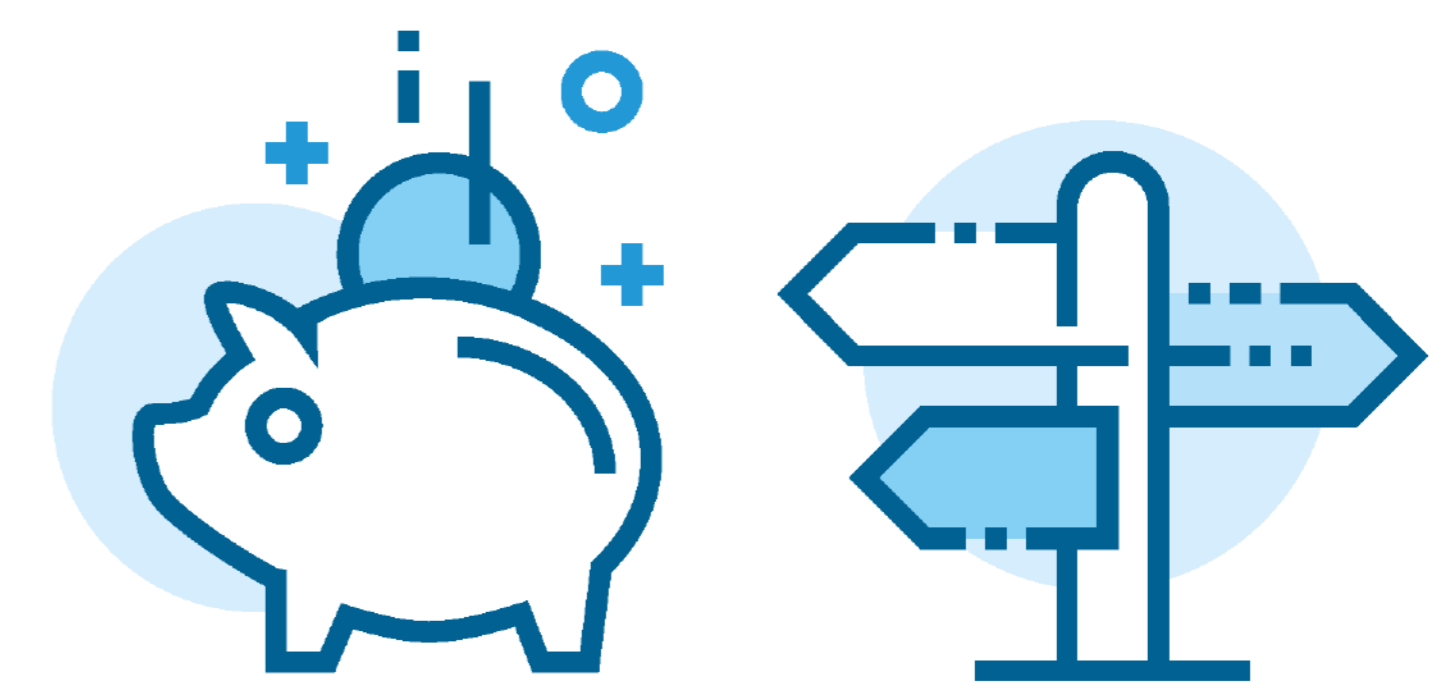
MANAGING SIGNIFICANT CHANGES

- > Bespoke change program
- > Career transition program
- > MyCoach services
- > Well-check
- > Planned Workplace Support



EVOLVING FOR THE FUTURE

- > Well-check
- > Group supervision
- > MyCoach for People Leaders
- > Embedded Workplace Support
- > Agility
- > Resilience



PREPARING FOR RETIREMENT

- > Retirement seminars
- > MyCoach for Money
- > Change support