

COVID-19

How we can help

As we move through a period of uncertainty with many or most business forced to make changes that affect staff there is an opportunity through EAPworks to proactively support staff in a range of ways.

Workplace Counselling and Psychological Services

Our normal workplace counselling psychological services are still available to your teams. This is still possible face to face as we follow all New Zealand Ministry of Health guidelines to ensure those interactions safe. Many people may prefer to access our service via video conference or telephone. Sessions are arranged in just the same way as any other session booked.

Self-referral:

www.eapworks.co.nz/self-referral.html

Manager referral:

www.eapworks.co.nz/manager-referral.html

Contact our team directly:

0800 735 343 (24/7)



Training

This is a good time to upskill your team in who are facing the challenges related to real change in the workplace, a health threat, and the potential for significant economic impacts personally and nationally.



Topic: Living with uncertainty and fear with COVID-19:

Understanding transitions and change; the neuroscience of change; creating a supportive culture at work to help support through change; and 7 keys to responding to challenges.

Topic: Self-care in the challenging times of COVID-19:

Self-care continuum from well to unwell; understanding stress and fatigue; keys to personal resilience - physical, mental, emotional, relational. These courses can be delivered via video conferencing making them accessible to staff who are working remotely.

Manager Assist

Our manager assist process is designed to give team leaders and managers the support they need to lead their people confidently through challenges and changes. The manager assist process supports:

- The ability to develop specific skills and goals for managers
- A safe place to discuss current concerns and access resources and to develop strategies for dealing with them
- The opportunity to evaluate clarity and direction of manager work practice
- The opportunity to strengthen and enable the ability to manage relationships, communication skills and to build teams which work well, and which benefit the organisation
- An encourager for personal and business practice thus enhancing effectiveness in management practice
- Aids management in personal resilience and wellbeing

To access any of these services

Call 0800 735 343

or visit us online

www.eapworks.co.nz

