



Positive people. Powerful business.



WE PROVIDE PROACTIVE PROGRAMS FOR THE PREVENTION AND EARLY RESOLUTION OF WORKPLACE AND PERSONAL ISSUES TO ENABLE THE ONGOING PERFORMANCE AND WELLBEING OF INDIVIDUALS IN THE WORKPLACE.

Workplace Wellness is an established vibrant provider of Employee Assistance Programs (EAP), wellbeing workshops, and organisational development training throughout Australia. Our team consists of psychologists, facilitators and workplace trainers strategically located throughout Australia to meet the needs of ever-changing and ever-growing modern workplaces.

The experience of our team is varied and we have specialists in all areas relating to workplace and personal issues. Each of our qualified practitioners has a minimum of 10 years training and practical experience.

The underpinning values of our services and practices

- > CONFIDENTIAL

- > PROACTIVE

- > PREVENTATIVE

- > RESOURCE BUILDING

- > POSITIVE

- > SUPPORTIVE

- > SOLUTION FOCUSED



PROFESSIONAL SERVICE DELIVERY

One third of adult life is spent at work, thus a workplace has a significant impact on an individual's social and psychological wellbeing, which in turn affects workplace productivity and outcomes.

Workplace Wellness Australia (WWA) offers a full range of business improvement and wellbeing services for managers and employees such as:

- > Employee Assistance Programs (EAP – confidential counselling services)
- > Workshops and Wellbeing “Toolbox” seminars for management and employees provided via podcast, online or face to face
- > Critical Incident Response Support. Professional psychological support for management and employees in the case of trauma or critical incidents affecting employee or workplace wellbeing

- > Workplace conflict resolution and mediation.

A key part of our service delivery model is the ongoing development of support resources to assist your organisation with the latest information and reference tools, these include:

- > Workplace Wellbeing monthly/ bi-monthly newsletters
- > Informative and practical Workplace Wellbeing newsletters and topical fact sheets.

WORKPLACE WELLBEING “TOOLBOX” SEMINARS AND WORKSHOPS

Workplace Wellness Australia provides a range of workshops that assist managers and employees to develop the necessary skills for positive psychological wellbeing in the workplace.

All Workplace Wellness Australia workshops are tailored to meet the needs for your specific workplace goals. Workshops are provided in a

variety of formats and facilitated in an engaging, positive and innovative style that maximises adult learning with real and applicable outcomes. We understand the importance of the retention of skills learnt in workshops. For this reason we provide tools that assist participants to maintain the skills acquired.

WORKPLACE CONFLICT AND RESOLUTION

Appropriately resolved conflict can have positive effects on relationships and organisations. However, when not managed efficiently and effectively workplace conflict will impact the health of employees, business productivity and also increase the potential risk of workers compensation or bullying claims and decreased staff retention. It is important that skills and plans are in place to proactively reduce the impact of workplace conflict, minimising the risk of conflict escalating.

Our experienced team provides professional mediation services and a full range of resolution strategies.



EMPLOYEE ASSISTANCE PROGRAM (EAP)

LIFE AND BUSINESS SOMETIMES PROVIDES CHALLENGES THAT CAN AFFECT BOTH HOW WE FUNCTION PERSONALLY AND PROFESSIONALLY. ADDRESSED EARLY AND WITH THE RIGHT SUPPORT, PEOPLE ARE USUALLY ABLE TO RESUME NORMAL AND OFTEN IMPROVED FUNCTIONING.

At WWA our experienced psychologists and practitioners are able to provide professional support and strategy development through our Employee Assistance Program (EAP).

The successful integration of the EAP into your organisation involves educating both management and employees on what the EAP can offer them.

Management understanding of the EAP is vital for the program to be accessed as a resource and source of assistance for employees and management.

Our EAP philosophy is based on confidential, personal face-to-face interaction in various locations. In some circumstances however, telephone or video call communication options may be preferred and are available.

Delivery times are based on the needs of your organisation and the urgency of the matter at hand. We are able to offer immediate support in a variety of forms when required.

Managers and front line supervisors will gain an understanding of:

- > The purpose and benefits of the EAP and respect the voluntary and confidential nature of counselling
- > How to recognise when employees may be experiencing personal difficulties that impact on their work performance and/or safety
- > The impact of traumatic incidents on employees
- > How they can use the EAP to assist in addressing workplace problems such as poor performance, workplace drug and alcohol use, or inappropriate employee behaviour.
- > When to encourage appropriate employees to access the EAP service.

CRITICAL INCIDENT RESPONSE



OUR CRITICAL INCIDENT RESPONSE IS CUSTOMISED DEPENDING ON THE TRAUMA AFFECTING YOUR ORGANISATION AND THE POTENTIAL RISK FOR PSYCHOLOGICAL HARM. A CRITICAL INCIDENT RESPONSE MAY BE REQUIRED IN THE EVENT OF WORKPLACE ACCIDENTS, SITUATIONS INVOLVING DEATH, INJURY OR VIOLENCE, AND DISTRESSING EVENTS INCLUDING REDUNDANCIES, CHANGE MANAGEMENT, ORGANISATIONAL OR TEAM CONFLICT.

The Workplace Wellness Australia team is able to provide critical incident consultancy and onsite and telephone support to assist your organisation to respond and recover effectively.

OUR DIFFERENCE

Workplace Wellness is based on the philosophy that healthy minds and positive relationships create more productive workplaces. We believe that enhancing your employees' wellbeing generally increases their ability to cope across the board. We work to help your organisation achieve this.

We are not just about the numbers. We have a genuine interest in proactively supporting your employees to function at their best, not only during difficult times.

We strive to understand your organisation and build a solid relationship with both your management and employees.

Our Directors play an active role within client relationships so you as a client will have direct access should you have any concerns. All services are tailored to your needs through careful consultation and review.

Workplace Wellness Australia takes pride in providing your organisation with a personal, professional and reliable support service. This will assist your organisation to ensure your most valuable resource – your people – are being supported to function at their best.

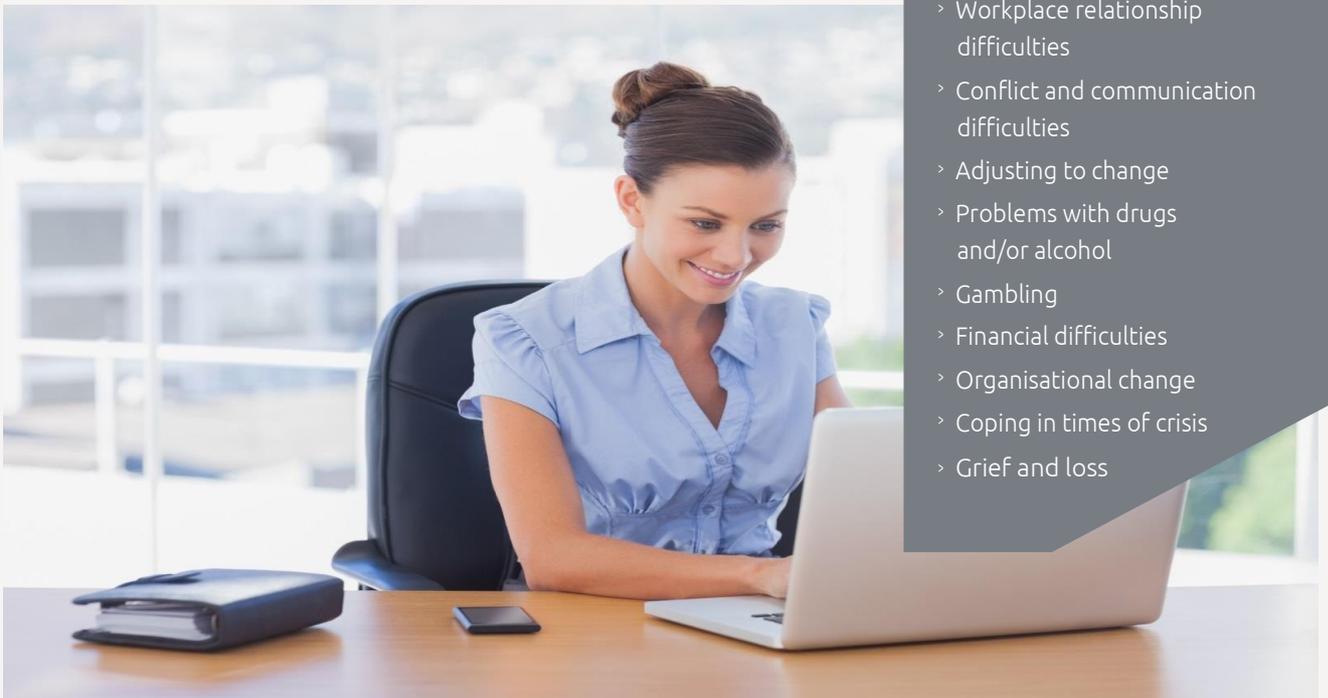
PROVEN PERFORMANCE

Workplace Wellness Australia has proven experience in a diverse range of industry sectors such as, health, legal, civil, construction, accounting, "not for profit" and many others.

Contact us for references from our clients so you can hear first-hand how we are committed to supporting your organisation.

WWA can assist your organisation and your employees to achieve positive outcomes when experiencing a range of issues including:

- > Stress and emotional distress
- > Feelings of "not coping" and overwhelm
- > Anxiety
- > Depression
- > Decreased work performance
- > Personal relationship difficulties
- > Workplace relationship difficulties
- > Conflict and communication difficulties
- > Adjusting to change
- > Problems with drugs and/or alcohol
- > Gambling
- > Financial difficulties
- > Organisational change
- > Coping in times of crisis
- > Grief and loss



For more information contact Workplace Wellness Australia Pty Ltd

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