

# Providing more support for your team

EAP Services already provides easy access to counsellors to help with any issues your staff may have, at home or at work. However, we understand that all around wellbeing is a balance between both physical and mental health.

**With this in mind, we've introduced a range of health coaching option to help provide all-round support for your team.**



### Fitness Coaching

- Sessions run by a rehab coach
- Individually tailored exercise plans
- Education and understanding of fitness benefits
- Support for maintaining good fitness habits



### Nutritional Support

- Sessions run by a qualified dietitian
- Nutrition plan for weight managements and disease prevention
- Education on balanced diets, portion control, dietary preferences
- Improve overall well-being



### Sleep & Fatigue Health Coaching

- Sessions run by a nurse
- Improve sleep quality and manage fatigue
- Build knowledge and understanding
- Support sleep habits and stress reduction
- Beneficial for teams on shift work



### Quit Help - Smoking & Vaping

- Sessions run by a nurse
- One-on-one coaching
- Guidance and strategies to quit
- Individualised support
- Strategies for dealing with cravings
- Support for lasting change



### Healthy Heart Coaching

- Sessions run by a nurse
- Review of current state of health
- Guidance on stress reduction and relaxation techniques
- Health plan tailored to specific needs
- Support for diet, sleep and lifestyle choices



### Pain Management

- Sessions run by physiotherapists and occupational therapists with specialist training
- Support to understand how pain is impacting your daily life
- Personalised strategies to reduce pain's impact
- Education to understand and manage pain



### Headache Management

- Sessions run by trained health professionals
- Practical strategies to reduce headache frequency and severity
- Tools for managing triggers, stress, posture, and lifestyle factors
- Support to improve daily function

Looking after the health of your team in a proactive way helps ensure a happier healthier workplace.

**Support sessions are provided virtually and can be booked online at [eapservices.co.nz](https://eapservices.co.nz) by calling 0800 327 669 or scanning the QR code.**

