

About Workplace Learning Services

EAP Services employ a dedicated Learning Services Team who provide workplace wellbeing education, support and resources to organisations across Aotearoa.

We use data driven insights to help you identify the relevant issues in your business and then provide tools and resources to help resolve them. Whether you have team of 5 or 5000 we can help.

We can provide tailored plans and resources, either as one-off options or as part on an annual wellbeing programme. We deliver our resources via in person seminars, online webinars and e-Learning modules or app-based support. Our aftercare programme means that managers and employees have the skills and support to monitor their own wellbeing, ensuring full engagement.

The Learning Services team can provide support on a wide range of topics including;

Leadership & Manager Support

- Online Change Education & Support
- Change for Leaders
- Wellbeing for People Leaders
- Strategic Wellbeing Plans
- Coaching & Mentoring Programmes



Emotional Support & Stress Management

- Self-care & Resilience
- Emotional Regulation
- Stress, Resilience & Wellbeing Cycle
- Understanding Anxiety
- Imposter Syndrome & Self-Compassion
- Navigating Relationships
- Mindfulness in Practice
- Managing & supporting change



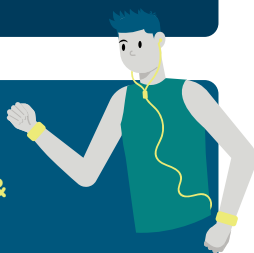
Workplace Culture

- Cultural Intelligence & Personal Bias
- LGBTQIA+ Culture at Work
- Building Trust in the Workplace
- Positive Relationships at Work
- Accountable Communication
- Anti-Bullying & Harassment



Personal Health, Wellbeing & Nutrition

- Sleep, Fatigue & Burnout
- Food & Mood
- Post Disaster Coping Strategies



Lifestyle Support

- Financial Wellbeing
- Group Support to Return to Work
- Building a Fulfilling Retirement

