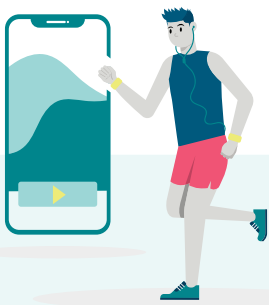


Providing more support for your team

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 some additional Health Coaching options to help provide all around support to your staff, they include;



Fitness Coaching

- Sessions run online by a Rehab Coach
- Individually tailored exercise plans
- Support understanding of the benefits of life-long fitness
- Support the creation and maintenance of good fitness habits.



Nutritional Support

- Sessions run online by a qualified Dietician
- Learn about balanced diets, portion control, and dietary preferences
- Build a nutrition plan, manage weight, prevent chronic diseases
- Build knowledge and understanding
- Improve well-being



Sleep and Fatigue Health Coaching

- Sessions run online by a Registered Nurse
- Improve sleep quality and manage fatigue
- Build knowledge and understanding
- Support for sleep habits, stress reduction, and relaxation techniques
- Beneficial for teams on shift work

Looking after your staff's health in a proactive way helps to ensure a happier, healthier team. It is acknowledged that prioritising staff well-being enhances job satisfaction, productivity, and retention while fostering a positive workplace culture.

Sessions will be billed direct to your organisation, in the same way EAP counselling sessions are invoiced.



Support sessions are provided virtually and can be booked online at eapservices.co.nz by calling 0800 327 669 or scanning the QR code.