

Employee one to ones



Employee One to Ones

These sessions provide an individually designed approach to improving employee health and wellbeing.

Employees are given up to an hour of focused support in a confidential environment.

These sessions give employees the opportunity to discuss any issues they have at work or at home in a confidential, non-judgemental fashion.

They will be supported with tools and techniques to help them with a plan of how they can incorporate them into their daily life.

The personal nature of the service helps improve motivation and feelings of value by staff.

The employee one to ones aim to equip employees with the skills and resources so

“Every one of us will have the knowledge, tools and confidence, to understand and look after our own mental health and the mental health of those around us”

These sessions give staff the opportunity to develop a complete wellness plan.

Employees have the opportunity to work in a supportive way on areas of working life they may be finding challenging such as:

- .Stress
- .Anxiety
- .Coping under pressure
- .Keeping healthy
- .Depressive feelings
- .Sleep
- .Maintaining a healthy work-life balance
- .Working relationships
- .Accepting feedback
- .Communication
- .Relaxation
- .Purpose

Participants will be provided with information and MP3s to help them to work on and consolidate their skills beyond the sessions.



