

BEST

LTD

EMPLOYMENT

You can't do better.

CAREER

Workplace Counselling

What is Workplace Counselling?

Workplace Counselling is an employee support intervention that is usually short term and provides independent, specialist resources for people working across all sectors and in all working environments.

What issues can Workplace Counselling help with?

Personal issues can include:

- Health
- Grief
- Addictions
- Trauma
- Financial Issues
- Relationship Issues
- Anxiety and Depression

Work-related issues can include:

- Bullying and Harassment
- Conflicting Values and Cultures
- Workplace Trauma
- Personality Clashes
- Perceived Injustice, Discrimination or Intolerance

Workplace Wellbeing

In addition to providing service to handle negative situations workplace counsellors can also provide a range of positive and proactive services.

These include:

- Career Coaching
- Team Building
- Positive Culture Workshops
- Self-help Training