

EMPLOYEE ASSISTANCE PROGRAM

Building mental fitness. Together.

The Employee Assist Program is your coaching and counselling service providing confidential and short-term support for home and work.

CONVERGE INTERNATIONAL

The Converge International Employee Assistance Program (EAP) is there to support you to build the skills you need to adapt to the changing world of work and to thrive in all areas of life.

OUR SERVICES

The Employee Assist Program is provided independently from Gippsland Primary Health Network. When using The Employee Assist Program, you will speak with a qualified, experienced counsellor across a range of issues including:

- Personal and emotional stress
- Relationship or family matters
- Work-related stress
- Sleep concerns
- Nutrition advice
- Financial coaching
- Interpersonal conflict and tension
- Changes in your work environment
- Grief and bereavement
- Career issues
- Mental health concerns
- Personal crisis or trauma

OUR COUNSELLORS

- Assist you to gain insights to inform decisions and directions
- Support you to develop strategies to drive positive changes in behaviour and lifestyle
- Help you to adapt to change and seize opportunities
- Provide coping strategies when dealing with difficult situations

EMPLOYEE ASSISTANCE PROGRAM

Gippsland Primary Health Network offers an independent Employee Assistance Program

Your Employee Assistance Program is:

A confidential service

Available to all employees

Available for 3 sessions per annum

Details of your discussion will not be shared with your manager or your workplace. You can read our Privacy Policy on our website.

CONTACT US

To make an appointment to speak with a Converge International EAP counsellor:



1300 OUR EAP
(1300 687 327)



Visit www.convergeinternational.com.au and click on Contact Us to access our Live Chat service.



Download our **EAP Connect** App and connect with us through the Appointment icon

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GIPPSLAND

An Australian Government Initiative

Converge
international

More Information

T 1300 687 327 (Australia)
T 0800 666 367 (New Zealand)
T +613 8620 5300 (International)
E eap@convergeintl.com.au
convergeinternational.com.au

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When you access Employee Assist, you will speak with a qualified, experienced counsellor across a range of issues including:

- Work and personal stress
- Work, career and life changes
- Personal and workplace relationships
- Emotional difficulties
- Communication and relationship tension, conflict and breakdown
- Grief and loss
- Sleep and fatigue
- Gambling, drug, alcohol and other addictions
- Anger and violence

OUR COUNSELLORS

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MANAGER ASSIST

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Manager Assist is your coaching service, providing access to expert support across key areas for managers.

CONVERGE INTERNATIONAL

The Converge International Employee Assistance Program (EAP) is there to support you to lead in the changing world of work and to manage and support your team to maximise their performance, achievement and mental fitness.

OUR SERVICES

Manager Assist is a confidential coaching and advisory service for leaders of people, including team leaders, managers and supervisors. In addition to providing expert support and advice on the multiple challenges of managing people, we offer leadership coaching and training that focuses on self-development and improved personal leadership skills.

Your Manager Assist coach is your experienced partner, working with you to evaluate, plan, implement and achieve your personal, professional and organisational goals across:

- Developing self awareness around leadership, personality and working style
- Managing underperforming staff and other difficult staffing issues
- Addressing workplace conflict
- Developing and implementing strategies to support your staff and their mental health
- Change management support
- Improving workplace and interpersonal relationships
- Building successful teams

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CONTACT US

Make your appointment to speak with an experienced professional with extensive, real world management experience and relevant qualifications.



1300 OUR EAP
(1300 687 327)



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More Information

CAREER ASSIST

Building mental fitness. Together.

Career Assist is your independent and impartial advice service, providing access to expert support across key areas for people looking to achieve their career aspirations.

CONVERGE INTERNATIONAL

The Converge International Employee Assistance Program (EAP) is there to support you to navigate the changing world of work and to identify and achieve your career goals.

OUR SERVICES

Career Assist is provided independently from Gippsland Primary Health Network.

Our Employee Assistance Programs are focused on providing you with support across workplace and personal issues through short-term career focused counselling, coaching and advice.

Your consultant is focused on supporting you to make informed decisions and to prepare for the next stage of your career. Career Assist is there for you when:

- You are looking for clarity around your next career step and would like impartial support around identifying future job options and opportunities
- You are experiencing major change in your personal or professional life and this is leading you to rethink career goals and priorities
- You would benefit from speaking with an independent person about your current or future career plans

OUR CONSULTANTS

- Focus on equipping you with the practical skills and support you need to take the next steps in your career.
- Gain the knowledge and confidence to grow in your career through promotion at work or finding a new opportunity
- Get clarity around your career objectives and goals
- Develop, and stick to, an individualised plan that will guide the next steps in your career

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