



Learning Services offered by EAP

Springboards

Introductory Modules & Needs Analysis.

Strategic Wellbeing Programs

Planned & Budgeted per quarter.

Change Programs

Introduction & needs analysis to provide timely, accurate and applicable support for customer's unique situation.

Financial Wellbeing Programs

Introduction followed by specialised sessions for Retirement planning, Debt Management & buying a house in NZ.

Leadership Programs

Focused on mental health in the workplace for managers, supervisors, leaders or the whole organization, embedding self-leadership principles and ownership for everyone in natural work groups.

Coaching & Mentoring Programs

Supervised program with personal connection where teams/individuals regularly check in with a professional for educational sessions to support them at work and home with developing mental health skills and tools.

Specialised Programs

We design, develop, and deliver programs or once off modules to deliver in collaboration with professionals, SME's and educationalists to ensure in depth knowledge, skills and understanding of outcomes.

In Person or Video Facilitation of any programs or courses

Get a professional to talk to your staff, sharing their expertise, knowledge and experience.

