

EAP Insights - May 2019

Improving wellbeing at work

Employee assistance programs (EAPs) are designed to improve the wellbeing of employees by providing counselling services and other resources at no cost to employees. EAPs can help individuals work through a variety of personal and job-related stressors, in order to achieve a better work-life balance.



Unfortunately, some employees are reluctant to use their EAP benefits and miss out on an improved quality of life because they do not realise EAP services are strictly confidential.

Read more about some of the most common concerns and clarifications around EAP counselling confidentiality.

[Read more](#)

Download this month's EAP Insights Article in PDF format



Improving wellbeing at work PDF

Developing Dynamic Teams

Healthy dynamic teams develop creative and innovative solutions to complex problems, increase productivity, and provide colleague collaboration and support.



Join us as we explore strategies for leaders to develop & motivate colleagues and teams towards shared outcomes, along with positively influencing organisational culture and workplace health.

21st June 2019
9:30am - 4:30pm
Caraniche at Work Head Office,
Abbotsford

[Read our article on Developing Dynamic Teams](#)



Cost: \$440 (one-day workshop)
(including Workshop, Workbook and Resources, Certificate, Catering and all booking fees). Places are limited.

Register now

Training Calendar for Workplaces

Our training sessions are suitable for individuals or small groups looking to expand their knowledge and skills, and further their professional development.

Download our training calendar for workplaces below, and choose from over a dozen training programs taking place throughout the year.



[Training Calendar for Workplaces](#)

Feedback from recent Caraniche training attendees:

"An engaging facilitator. I found it very useful and relevant to my job."

"Very informative with excellent resources."

Training Calendar for Clinicians and Frontline Workers

Our training facilitators are senior clinicians who are highly skilled in engaging meaningfully with participants, and are able to draw on real-life examples and applications.

Download our training calendar for Clinicians and Frontline Workers below, and choose from our specialised training programs taking place throughout the year.



[Training Calendar for Clinicians and Frontline Workers](#)

Download and share the latest employee support materials

Widespread promotion of your Employee Assistance Program (EAP) will help employees get the right support when they need it.



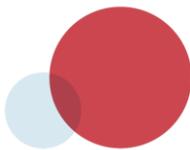
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