



**PERFORMANCE  
ADVANTAGE**  
HUMAN RESOURCE SPECIALIST

# Employee Assistance Program Counselling Packages

**Confidential & effective  
solution-focused counselling  
for employees**

## What are the benefits of EAP for you?

1. Immediate access to help with challenges
2. Increased emotional health for personal performance & productivity
3. Improved self-empowerment, skills & strategies
4. Reduced conflict & occupational stress
5. Improved employee morale and satisfaction
6. Improved relationships with others

## Package of three individual based EAP sessions:

1. Intake and Bio-Psycho-Social Assessment
2. Discovery and mapping of appropriate individual coping strategies relevant to the client
3. Mapping/action plan for implementation of support strategies

**To support emotional and  
psychological well-being,  
both in the workplace & in  
personal lives**



Technology assisted  
for easy accessibility  
and no need to travel!  
Plus, its fast and  
availability when  
you need it.

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