



Personalised, Confidential, Professional - Workplace Counselling

Mandi Simons Counselling & Psychotherapy Practice

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What Is Workplace Counselling?

Returning to the workplace can be a stressful experience for your employees, which is why our team offers a flexible counselling service – one that directly addresses a wide range of issues, from anxiety to workplace conflicts to major life events. In contrast to conventional EAP (Employee Assistance Programme) providers, our smaller scale service allows us to provide your company with a more personalised and effective support programme, giving your employees a place where their problems can be recognised and dealt with by experienced specialist professionals.

How Can It Help Your Employees?

- Practical, solution-based support for work/life issues
- Targeted help with issues including stress, anxiety, depression and bereavement
- Strengthen workplace relationships through improved communication
- Improve productivity and resilience in the workplace due to increased wellbeing
- Be emotionally prepared for incidents of crisis and/or trauma at work or at home
- Create a happier, less stressed working environment

In-Person or Online Employee Counselling

Your employees can get in touch with us directly to receive confidential workplace counselling. We will offer a 30-minute consultation to best understand their needs. The service typically includes a CBT-based, solution-oriented approach, with counsellors working closely with employees to develop practical tools for dealing with issues currently affecting them – both at home and at the office.

Improve Productivity through Increased Wellbeing

A happy, resilient and communicative team, where individuals feel valued, will be a huge asset to any organisation. Your employees may struggle to concentrate at work if they are going through personal problems. They may call in sick more often as a result, meaning overall productivity at your workplace goes down.

By putting in place a dedicated system of personalised support that allows employees to get the help they need, you are showing them you care about the welfare of your workforce, which consequently boosts their motivation to give their very best and reach the full potential of their role.





A Happier Workplace

If mental health issues are not addressed, this may affect not just one person but your wider workforce. Someone experiencing high levels of stress will become less productive and less communicative at work, leading to a more negative workplace culture.

Giving your employees an outlet to process difficult feelings means they can deal with them healthily and bring a happier attitude to the office. This has the dual benefit of healthier relationships at your company and increasing employee retention, saving you time and money as an employer.

Online Mindfulness Sessions

Along with individual, face-to-face counselling, we also offer online courses for groups, with a focus on using mindfulness to promote increased wellbeing in the workplace. This service has been delivered to all kinds of sectors and can be customised to address a specific area, such as communication or workplace conflict.

What Employers Need To Do

Get in touch with us by phone or email to discuss the kind of workplace counselling your company requires. We can create the right offer for your organisation including fixed monthly fees for a retained service or pay as you go packages that can respond to fluctuating need.

Our service is individually tailored to suit your needs. We offer specialised packages, such as charging you a single price for weekly workplace counselling for four employees each month, or a more flexible pay-as-you-go approach, enabling you to call on our service when an employee needs it.

Once we have agreed on the right workplace counselling package for your company, you can then inform your employees that they have access to free, strictly confidential counselling whenever they need it. After a period of time, we can review to discuss how the service is working and make any adjustments that may be required.

- High-quality, personalised support, available 24/7
- Total confidentiality for your employees
- Give your workforce access to a wide range of experienced specialists
- Employees feel supported and understood at their workplace

If you are an employer looking for a bespoke workplace counselling service as opposed to a larger EAP provider, please get in touch with Mandi Simons Counselling and Psychotherapy Practice and we will offer a bespoke package that works for you and your employees.

