



## SUPPORTING YOUR EMPLOYEES AND MANAGERS THROUGH CHALLENGING TIMES

Given current world events, we understand that your employees will be seeking emotional support for themselves and their teams.

As an organisation, we stand by to support you via dedicated Emotional Support webinars for your employees and managers. Together we will give employees the tools they need to acknowledge, respond to and manage the effects that world events are having on themselves and others.

### **EMPLOYEES ARE ASKING:**

- I feel overwhelmed with anxiety. How will I cope?
- How do I explain recent world events to my children?
- Who can I turn to for help?

### **MANAGERS ARE ASKING:**

- How can I support my team during this time of uncertainty?
- How do I deal with my own situation?
- What support resources are available?



## OUR SUPPORT TO YOU

### Emotional Support Webinars for Employees and Managers

Our Global Health Advisors are on hand to deliver impartial information and advice for both employees and managers to help strengthen their ability to deal with difficult situations and events. Designed by mental health experts, our webinars help increase self-insight and awareness and provide practical skills and techniques for individuals to take away.

#### **Webinar format: Emotional Support for EMPLOYEES**

Designed for Employees to help them cope with the direct and indirect impact of stressful events.

##### **One-hour delivery format:**

- Delivered 'live' by a Global Health Advisor
- 5 minutes introduction and context setting for your organisation
- 35 minutes covering key topics with practical tools and tips
- 20 minutes for interactive Q&A

##### **Webinar topics include:**

- Living through turbulent times
- Building resilience
- Coping mechanisms
- Seeking support

#### **Webinar format: Emotional Support for MANAGERS**

Designed for Managers to help them understand their team's reactions to stress. Includes practical techniques to apply with team members.

##### **One-hour delivery format:**

- Delivered 'live' by a Global Health Advisor
- 5 minutes introduction and context setting for your organisation
- 35 minutes covering key topics with practical tools and tips
- 20 minutes for interactive Q&A

##### **Webinar topics include:**

- Identifying employees at risk
- Helping colleagues build resilience
- Providing coping mechanisms
- Directing your colleagues to support resources

*Ahead of our webinars, we agree on the platform to be used based on its ability to record sessions, track registrations and gather questions. Further, we seek insights into your employee population, including their main concerns. Following the webinar, we provide a recording, copy of the presentation, top-line statistics on attendee levels as well as questions asked. The standard delivery method is in English. Other languages are subject to availability. Please refer to your Account Manager for costings and delivery timings. While our content is standard, it can be co-branded with your organisation's logo.*

### CONTACT US

For more information on our Emotional Support Services, contact us via our website [here](#). For specific information related to Ukraine and bordering countries, visit our dedicated page using your membership/subscription number. Scan the QR code on the right to access.



*Disclaimer: Emotional support webinars are not intended as a replacement for acute or emergency emotional support or as a substitute for individual consultations with psychological support specialists.*