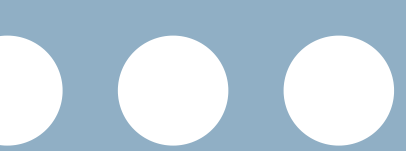




LEADING EDGE
EMPLOYEE SUPPORT PROGRAMME

Employee Counselling



INTRODUCTION

Employee counselling is a service that companies offer to their staff as part of their benefit packages.

The employee counselling programme is designed to provide employees with mental health support whenever they need it.

It supports companies to increase performance & motivation of their staff and reduce sick-days and staff-turnover.



Why?



The WHO calls stress the biggest sickener in the 21st century.

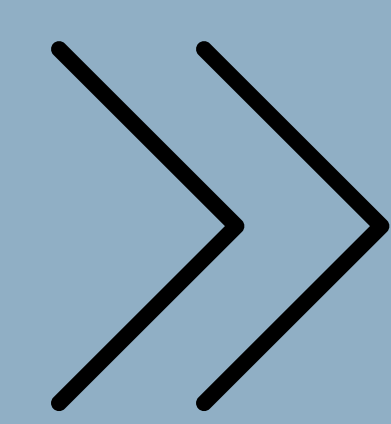
Through COVID mental health issues such as depression and anxiety have quadrupled since the beginning of the pandemic.

Personal problems don't disappear on the way to work. Work problems don't disappear on the way home.

benefits



- increased performance
- increased motivation
- increased well-being
- reduced stress
- reduced sick-days
- reduced costs for staff-turnover
- reduced conflict costs



Studies show, that with only 2,6 sessions a year employees are 7h less absent and 20 hours more productive a month. (Journal of work-place behavioral health)





Features

Employee counselling is easily accessible, anonymous, highly effective and provided by experienced professionals.

- easy scheduling through an online booking calendar
- counselling via Zoom
- webinar & info material as part of onboarding process
- 12 months contract

Meet Marlene Lindmair

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Marlene Lindmair

Marlene is the founder of "Lebensweg" (meaning "life-path"), a psychological counselling practice in Austria providing online counselling to companies and private clients all over the world. In her daily job Marlene is a first-hand witness of the high impact of emotional well-being within the working-environment. With a background in systemic counselling & coaching Marlene is an expert when it comes to finding the root of existing problems, changing subconscious programming and fueling resources in order to live one's highest potential.

Let's have a chat

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If you like to learn more about my services,
I'd be happy to have a chat with you.



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