



COVID-19: Achieving Wellness

Support strands with tailored services to support you and your organisation during the COVID-19 outbreak.

Manage challenging situations, mitigate risks, and boost the wellbeing and productivity of your employees and organisation.

CHANGE & REDUNDANCY STREAM	FINANCIAL WELLBEING STREAM	HEALTH ANXIETY STREAM	WORKING FROM HOME STREAM	SUPPORT FOR ESSENTIAL SERVICES
<p>RISKS AND CHALLENGES FOR ORGANISATIONS</p> <ul style="list-style-type: none"> • Lack of cohesion • Increased workload • New teams • Poor engagement and morale • Change fatigue • Loss of talent 	<p>RISKS AND CHALLENGES FOR ORGANISATIONS</p> <ul style="list-style-type: none"> • A smaller workforce • Budget pressures • Having to do more with less • Shock 	<p>RISKS AND CHALLENGES FOR ORGANISATIONS</p> <ul style="list-style-type: none"> • Loss of productivity • Loss of engagement • Disconnections 	<p>RISKS AND CHALLENGES FOR ORGANISATIONS</p> <ul style="list-style-type: none"> • Loss of productivity • Lack of engagement • Disconnections • Managing teams remotely 	<p>RISKS AND CHALLENGES FOR ORGANISATIONS</p> <ul style="list-style-type: none"> • Adhering to WHS Act and duty of care • Increase in worker compensation claims • Increase in the absence of employees • Increase in insurance premiums • Increase in operating costs • Customer relationships • Maintaining morale • Demonstrating empathy
<p>HOW WE CAN HELP</p> <ul style="list-style-type: none"> • MyCoach for Individuals • MyCoach for People Leaders • MyCoach for Money • Map My Plan (Financial literacy) • Well-Check • Phone standby support • Proactive phone support 	<p>HOW WE CAN HELP</p> <ul style="list-style-type: none"> • MyCoach for Individuals • MyCoach for Money • Map My Plan (Financial literacy) 	<p>HOW WE CAN HELP</p> <ul style="list-style-type: none"> • MyCoach for Individuals • MyCoach for People Leaders • MyCoach for Nutrition • Well-Check 	<p>HOW WE CAN HELP</p> <ul style="list-style-type: none"> • MyCoach for Individuals • MyCoach for People Leaders • MyCoach for Nutrition • Well-Check • Domestic Family Violence support 	<p>HOW WE CAN HELP</p> <ul style="list-style-type: none"> • MyCoach for Individuals • MyCoach for People Leaders • Well-Check • Aggressive Customer Support • Facilitated Discussions • Supervision
<p>ONLINE SEMINAR PROGRAMS</p> <ul style="list-style-type: none"> • Mental health and wellbeing at work • Developing resilient leadership • Managing difficult conversations • Surviving change • Leading through change during a pandemic • Coping with change during a pandemic 	<p>ONLINE SEMINAR PROGRAMS</p> <ul style="list-style-type: none"> • How to improve your financial fitness (Map My Plan) • Cashflow and Debt (Map My Plan) 	<p>ONLINE SEMINAR PROGRAMS</p> <ul style="list-style-type: none"> • Health anxiety • Supporting teams • Mental Health • How to talk to your children, and to manage parental anxiety • Resilience 101 • Mindfulness 101 	<p>ONLINE SEMINAR PROGRAMS</p> <ul style="list-style-type: none"> • Managing remote teams • How to succeed at working from home • Managing work and family in a new work environment • Managing pressure • Not your average 9-5 • Getting a good night's sleep • Mental health and wellbeing at work • Nutrition 	<p>ONLINE SEMINAR PROGRAMS</p> <ul style="list-style-type: none"> • Unconscious Bias • Managing vicarious trauma and compassion fatigue • Supporting teams during a crisis • Supporting teams dealing with the general public • Supporting customers supporting their employees • The accidental counsellor

To find out more about how to address your organisation's unique risks and challenges, speak to your Customer Relationship Manager or call 1300 360 364





BeneHub: How employees can be proactive about wellness

A dedicated coronavirus support section is available to your employees on BeneHub. Resources include factsheets, learning modules, videos and more, on a wide range of topics relating to COVID-19, currently impacting our whole way of life.

CHANGE & REDUNDANCY	FINANCIAL WELLBEING	HEALTH ANXIETY	WORKING FROM HOME	SUPPORT FOR ESSENTIAL SERVICES
<p>HOW EMPLOYEES ARE AT RISK</p> <ul style="list-style-type: none"> • Depression • Anxiety • Loss of identity • Loss of team • Increase risk of suicide • Relationship issues • Survivor guilt • Alcohol and substance abuse • Domestic family violence • Role insecurity • Change fatigue 	<p>HOW EMPLOYEES ARE AT RISK</p> <ul style="list-style-type: none"> • Depression • Anxiety • Increase risk of suicide • Relationship issues • Alcohol and substance abuse • Domestic family violence • Shock • Sense of hopelessness 	<p>HOW EMPLOYEES ARE AT RISK</p> <ul style="list-style-type: none"> • Depression • Anxiety • Self-imposed isolation • Alcohol and substance abuse • Increase risk of suicide 	<p>HOW EMPLOYEES ARE AT RISK</p> <ul style="list-style-type: none"> • Depression • Isolation • Domestic family violence • Alcohol and substance abuse • Increased risk of suicide • Relationship issue • New ways of parenting • Parental guilt • New ways of working 	<p>HOW EMPLOYEES ARE AT RISK</p> <ul style="list-style-type: none"> • Exhaustion • Customer abuse • Increased risk of violence • Physical health issues • Depression • Anxiety • Increase risk of suicide (inc customers) • Increased risk of PTSD • Alcohol and substance abuse
<p>BENEHUB RESOURCES</p> <p>Factsheets and articles</p> <ul style="list-style-type: none"> • Coping with redundancy • Coping with uncertainty and rapid change in the workplace • Losing your job, going through the emotions • Understanding redundancy <p>Media and interactive</p> <ul style="list-style-type: none"> • Learning module: One of us just lost our job • Learning module: Career restart 	<p>BENEHUB RESOURCES</p> <p>Factsheets and articles</p> <ul style="list-style-type: none"> • Managing money essentials • 10 simple ways to cut spending without missing out • Coping with losing your job • Accessing super • Understanding redundancy <p>Media and interactive</p> <ul style="list-style-type: none"> • Learning module: Managing money essentials • Learning module: One of us lost our job • Learning module: Budgeting tips 	<p>BENEHUB RESOURCES</p> <p>Factsheets and articles</p> <ul style="list-style-type: none"> • Understanding health anxiety • Supporting children through the Coronavirus pandemic • Suicide awareness how to ask R U OK? • Mental health awareness • Support support • Building resilience <p>Media and interactive</p> <ul style="list-style-type: none"> • Meditations • Breathing exercise • Video: Health anxiety • Video: Parenting strategies in a Coronavirus world • Learning module: Caring conversations • Learning module: Suicide awareness 	<p>BENEHUB RESOURCES</p> <p>Factsheets and articles</p> <ul style="list-style-type: none"> • Managing teams working remotely • Drug and alcohol misuse: How much is too much • Working from home • Food to help build your immunity • Healthy eating habits while working from home • Keeping fit while working from home • Happy, healthy relationships <p>Media and interactive</p> <ul style="list-style-type: none"> • Learning module: Team building skills • Learning module: Manage your time • Learning module: Family violence • Video: Quick recipe, burrito bowl 	<p>BENEHUB RESOURCES</p> <p>Factsheets and articles</p> <ul style="list-style-type: none"> • Supporting customers through the Coronavirus outbreak • Fatigue, resilience, and aggression <p>Media and interactive</p> <ul style="list-style-type: none"> • Video: Health anxiety • Video: Unconscious bias, diversity and inclusion • Learning module: Caring conversations • Learning module: Suicide awareness

