Becoming Your Best You
AN OVERVIEW OF THE BEST YOU PROGRAM
AGENDA

1. Who we are
2. Our philosophy
3. A few interesting stats
4. How we support your organisation
5. MyCoach for Individuals
6. MyCoach for People Leaders
7. BeneHub
Benestar is the largest provider of employee assistance, health and wellbeing services in Asia Pacific.

Specialists in individual support, workplace issues, and mental health.

Experienced and caring team of allied health professionals.

Support available via face-to-face, telephone, LiveChat, video and online.

Quality accredited.

Support available 24 / 7 / 365.

Global coverage.
Benestar means ‘wellbeing’ and that is the essence of our promise – we’re here to help you be your best.

Our aim is to make health and wellbeing an effortless and everyday proposition for your organisation.

Why? Because we believe there is nothing as powerful and empowering as good health.
A few interesting stats ...

- 1 in 5 experience a mental health condition.

- Stress is the #1 modifiable health risk.

- 3x more productive than unhealthy employees.

- People with optimistic traits have 19% greater longevity.

- 1 in 2 people are concerned about their financial situation.
How we support your organisation

- Organisational Performance
- Incident Management
- Workforce Wellness
- Individual Wellbeing
MyCoach for Individuals
Sometimes we all need a little inspiration, support or extra motivation to be our best.

You can use MyCoach for personal and confidential support while navigating your way through life.

We’ll listen and guide you through challenging issues or coach you on ways to enhance your wellbeing.
We can help you with …

SLEEP

MENTAL HEALTH

HEALTH & NUTRITION

FAMILY & RELATIONSHIPS

MONEY

STRESS
“I’d really like to be less stressed about changes at work so that I can see the positive side. I know our team can do better.”
MyCoach for individuals

• Supporting your entire work, health and life journey
• Any personal or work-related issues
• Enhance your individual health and wellbeing
• Confidential & non-judgemental
• Face-to-face, telephone, LiveChat, video and online
• 24 / 7 / 365
• Free to you and your eligible family members
“I’m keen to get active and get my energy back. I’m using MyCoach to kick start my fitness.”
You might access MyCoach for …

<table>
<thead>
<tr>
<th>Personal</th>
<th>Work</th>
</tr>
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<tbody>
<tr>
<td>• Relationships and separation</td>
<td>• Interpersonal conflict</td>
</tr>
<tr>
<td>• Family, child and eldercare</td>
<td>• Work-life balance</td>
</tr>
<tr>
<td>• Alcohol and addictions</td>
<td>• Organisational change</td>
</tr>
<tr>
<td>• Violence and anger</td>
<td>• Career issues</td>
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<tr>
<td>• Grief, loss and bereavement</td>
<td>• Bullying or harassment</td>
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<tr>
<td>• Anxiety, stress and depression</td>
<td>• Relationships with others</td>
</tr>
<tr>
<td>• Financial problems</td>
<td>• Difficult customers</td>
</tr>
<tr>
<td>• Sleep and fatigue</td>
<td>• Team performance</td>
</tr>
<tr>
<td>• Gambling</td>
<td>• Performance difficulties</td>
</tr>
<tr>
<td>• Managing life stages</td>
<td>• Work crisis and trauma</td>
</tr>
<tr>
<td>• Health</td>
<td>• Self management</td>
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“I get really nervous every time I have a work review meeting. MyCoach gave me some handy tips on how to stay calm and talk confidently about my achievements and concerns.”
MyCoach for People Leaders
MyCoach for People Leaders

It’s a great privilege to lead other people but it can also be a great challenge. Remember, we’re always here to help.

Confidential and proactive support to work effectively through any workplace issue or challenge. Our professional coaches focus less on “what to do”, which is often governed by company policy, and more on supporting you with the “how”.

Benestar
Common issues people leaders come to us with …

How do I share sensitive news to my team in a sympathetic, respectful and professional way?

One of my team is not performing well. I’d like advice on how to approach the situation.

I am about to have a difficult performance discussion and need some assistance to manage my own emotions.

I have a challenging conflict situation within my team - can you assist me to help them resolve this?
Common issues people leaders come to us with …

I have an employee who is regularly arriving late and seems distressed. What is the best way for me to check on their wellbeing?

I’m concerned about one of my team. How do I go about referring them to Benestar?

How can I support a colleague who is struggling with mental illness?

I’m concerned a team member may be experiencing family violence. What is the best way to approach this and support her?
“One of my team is acting out of character. I’m worried they’re going to hurt themselves or someone else. I need advice from someone who knows how to help.”
An employee, Tim, is involved in a motor vehicle accident on the weekend and is in a critical condition. Tim will take a long time to recover and may not be able to return to work in the same capacity. His manager Sarah is not sure what to do.

**Case example 1**

<table>
<thead>
<tr>
<th>Sarah calls us for:</th>
<th>Tim calls us for:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Advice on how and when to talk to Emma or her family</td>
<td>• Support during his recovery</td>
</tr>
<tr>
<td>• What to tell the team about their colleague’s condition</td>
<td>• Dealing with the potential emotional impact of the accident</td>
</tr>
<tr>
<td>• The potential emotional impact on the team</td>
<td>• Understanding the impact of his injuries on his life and work.</td>
</tr>
<tr>
<td>• Other support services that may be useful for the employee and the team.</td>
<td>• For emotional support when returning to work.</td>
</tr>
</tbody>
</table>
Case example 2

Geoff is managing an employee about some of his comments and behaviours that are perceived as inappropriate and offensive by his colleagues (sexual, bullying, discriminating). The employee, Robert, is defensive and says “it’s just my personality.” But he can also see that it’s making the rest of the team unhappy and he doesn’t want to cause problems. He’s just not sure how to change.

<table>
<thead>
<tr>
<th>Geoff calls us for:</th>
<th>Robert calls us for:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tips on how to approach the employee about his behaviour</td>
<td>Strategies to change his behaviour and language</td>
</tr>
<tr>
<td>How to seek Robert’s consent to refer him to Benestar</td>
<td>How to repair the relationship with his team mates and leader</td>
</tr>
<tr>
<td>How best to manage the situation with the rest of the team</td>
<td></td>
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An always-on, always accessible resource that lets you take charge of your own wellbeing to become ‘your best you’.
You’ll find topics designed to help you with all aspects of your life, for life.

The continually updated library of tools, blog posts, podcasts, animations, videos and learning modules is curated to help you thrive in the modern world.
<table>
<thead>
<tr>
<th>Topic</th>
<th>Description</th>
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<tbody>
<tr>
<td>LIFE</td>
<td>Different life stages, change, grief and loss</td>
</tr>
<tr>
<td>MIND</td>
<td>From managing stress to mental health</td>
</tr>
<tr>
<td>MONEY</td>
<td>Budgets, debt, saving and retirement planning</td>
</tr>
<tr>
<td>RELATIONSHIPS</td>
<td>Work relationships, partner relationships and friendships</td>
</tr>
<tr>
<td>WORK</td>
<td>Better work-life balance to enhancing performance</td>
</tr>
<tr>
<td>BODY</td>
<td>Exercise, fitness, sleep, nutrition and healthy habits</td>
</tr>
<tr>
<td>FAMILY</td>
<td>Parenting, elder care, family violence, extended and blended families</td>
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</table>
Content types

- Learning modules
- Video & animations
- Blogs & articles
- Podcasts & meditations
- Self-assessments
- Downloadable resources
We’re here for you …

Call

LiveChat

MyCoach Online

Find A Counsellor NZ
Benestar app

• View your profile
• Access more blogs, video and audio libraries than ever before
• LiveChat and click to call
• Engaging activities functionality
You’re one step closer to your best you!

benestar.com