



momentum
CHANGING MINDSETS

What is an Employee Assistance Program?

An Employee Assistance Program (EAP) refers to professional, totally confidential, short term and solution-focused counselling, which helps to address work-related and personal problems. These services are delivered to employees at the employer's cost. Employers who provide for this service recognize that a wide range of problems – including those which might have their origin or causes in the workplace - can adversely affect the performance, productivity and morale of employees, not to mention their safety and quality of life.

Where EAP is provided, employees are encouraged to directly access the EAP services provided by momentum for the earliest advice and assistance, so the potential impact of personal and professional difficulties is minimized. The benefit for both employee and employer is significant.

Who we are?

Momentum – CHANGING MINDSETS is a group of health practitioners who have established a number of tailored relationships with Melbourne-based employers for the provision of EAP counselling services.



Leta Chen, director and principal consultant at momentum, is a highly qualified and experienced registered psychologist, CINERGY® conflict coach and accredited, advanced mediator practitioner with LEADR, with over 20 years' experience in the field.



Sally Wiencke, director and occupational therapist, is also a highly experienced EAP provider, critical incident debriefing practitioner, CINERGY® conflict coach and accredited, advanced mediator with LEADR, able to provide these services.

Momentum also has access to a number of practicing psychologists around the metropolitan area who assist with our delivery of EAP services where the demand exists. **Momentum** maintains membership with the industry body, EAPAA, a national professional association with international affiliation which aims to ensure the highest professional and ethical standards in EAP provision in Australia.



Locations

Consultations can be arranged in private offices made available by the employer, or where preferred, at momentum offices. Our main offices are located on **Level 1, 32-36 Camberwell Road, Hawthorn East**, however we also have use of an off-site office in North Carlton. Sessions can also be undertaken by telephone (but only where relevant). Although typically strictly confidential, there is the opportunity to involve the employer, where this is sought and agreed to by all parties.

What problems can an EAP assist with?

Problems that can be addressed through a workplace-sponsored EAP include:

- Stress or trauma management
- Critical incident debriefings for individuals or groups
- Communication difficulties
- Depression and anxiety
- Performance concerns
- Relationship or marriage difficulties
- Organizational change and redundancies
- Gambling and drinking problems
- Interpersonal conflict
- Loss or bereavement
- Bullying and harassment concerns
- Managing the negative effects of a conflict situation

Cost

EAP services are provided by the employer at **no cost to the employee**, and typically include two to three consultations. The cost of subsequent consultations may be considered at the employer's discretion, but these are ordinarily borne by the employee.

Contact

For bookings or further information, contact your manager, HR representative, or our office on

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