

# Resilience COUNSELLING NETWORK

Resilience Counselling Network is an online counselling service ideally placed to help your team.

Evidence shows that workplace counselling interventions have been found to reduce sickness absence by up to 50%.



Supporting the mental wellbeing of your employees helps your business in:

- Increased commitment
- Job satisfaction
- Staff retention
- Improved productivity and performance
- Reduced staff absenteeism

Our psychotherapists and counsellors are all highly trained and experienced professionals.

They have different specialities which can be matched to your employee's needs, assuring the best course of treatment.

As well as counselling we offer a range of services including:  
Coaching, Group Workshops, Mediation and Return to Work support .

Talk to us to build a package specifically tailored to your needs.

**Introductory offer of TWO FREE sessions to all of your employees**

## SPECIALISTS IN ONLINE VIDEO COUNSELLING



[www.resiliencecounsellingnetwork.com](http://www.resiliencecounsellingnetwork.com)