



Making People Better
in the Workplace



Management Support Line

You support your team,
but who's supporting you?

The key to creating and maintaining a positive and open team culture where everyone can thrive is you. Like life, the workplace has its ups and downs too.

Knowing how to coach someone so they deliver exceptional performance or understanding how you can support a team member's mental wellbeing is the sign of a great leader. The Manager Support line gives you the coaching support you need to motivate others and inspire people to help themselves. It also looks out for your wellbeing too.



If you need advice or guidance on a matter affecting your team – our confidential coaches can help.

- Helping you respond to work pressure positively
- Support you with conflict management
- Virtual team management hints and tips
- Supporting diversity in the workplace
- Being a positive manager of change
- Role playing a difficult conversation you need to have with a team member
- Recognising the signs of stress

Visit the Hub:

For FREE support scan the QR code or visit
www.my-eap.com and use access code:

education

Visit our Wellbeing
Hub by scanning the
QR code below:



Contact us

We have a team of specialists ready to discuss your requirements and provide a solution that suits your wellbeing strategy.

Call the Management Support line for FREE
Monday - Friday 8am - 6pm



Management: 0800 111 6385



www.vitahealthgroup.co.uk



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