

# Employee WELLNESS PROGRAMMES

At FAMSA Outeniqua, we offer comprehensive support to companies through our Employee Wellness Programmes, also known as Employee Assistance Programmes (EAPs). Our services are designed to enhance employee well-being by providing professional counselling sessions that address both work-related stress and personal challenges that may affect job performance. These sessions aim to foster emotional resilience and equip individuals with essential life skills to manage day-to-day pressures more effectively.

Our focus areas include:

- Conflict Management
- Stress Management
- Communication Skills
- Mindfulness Practices
- Promoting Psychological Safety in the Workplace
- Trauma Debriefing

## Training and Workshops

We also offer tailored training and workshops for managers, team leaders, supervisors, and employees.

Topics include:

- Understanding Trauma and Its Effects on Employees and Employers
- The Impact of Trauma on Workplace Dynamics and Performance
- Early Identification and Intervention Strategies for Trauma

## Your Greatest Asset? It's Your People.

While products, services, skills, and knowledge are essential to your business, your most valuable asset is your staff. Motivated, emotionally healthy, and well-supported employees drive productivity, deliver quality service, and contribute to the success of your business. Conversely, staff who are struggling with personal or relationship challenges can become disengaged, distracted, and unproductive—impacting morale, service delivery, and ultimately, your bottom line.

Personal issues don't stay at home—they show up at work. No policy or disciplinary measure can change that reality. That's why addressing the emotional and relational well-being of your staff is a strategic business decision.

FAMSA Outeniqua offers confidential, professional support through counselling, employee wellness

programs, and emotional resilience training. We

specialize in helping people navigate personal challenges so they can stay focused, productive, and engaged at work.

Let us handle the “inside story” so your team can perform on the outside.

Invest in your people—create a win-win outcome for your business and your staff.

## Service Delivery Options

Counselling sessions can be conducted either on-site at your business premises or at our offices located at:

68 Meade Street, George South

## Get in Touch

If you're interested in learning how our EAP services can support your business and workforce, please contact us: