

## WELLBEING SERVICES

The wellbeing of your people is fundamental to the success of your workplace. Evexia offers a range of wellbeing services targeted to the needs of individuals in diverse and complex work environments. We provide psychological assessments, interventions, and training to support individuals and teams manage risks to wellbeing, promote resilience, and enhance positive engagement.

Our psychologists have extensive experience working with employees exposed to potentially traumatic material and events in the course of their work. This includes annual psychological screening to support ongoing fitness for work and enable early intervention where required. We also deliver training on managing vicarious trauma and have developed best practice guidelines to support workplaces to discharge their duty of care in managing foreseeable risk of harm.

We deliver tailored wellbeing training and leadership coaching programs to enhance the psychological safety of teams, promote safety culture and build resilience.

We understand that leadership support is critical to the wellbeing of workers, and our leadership interventions can support the development of emotional intelligence and compassionate approaches to mitigate psychosocial hazards, support the psychological health of staff, and drive positive performance.

We can work with you to enhance the strengths and protective factors of your people, reduce the risks of harm and impacts to wellbeing, and rebuild following significant workplace events.

### **Services include:**

- Vicarious trauma and resilience
- Mental health first aid
- Psychological safety development
- Trauma informed practices
- Restorative just culture approaches
- Compassionate leadership and emotional intelligence
- Meeting safety and effectiveness
- Workplace trauma and significant event recovery