

Nutrition & Lifestyle

Converge can support you to maximise your mental wellness so that you thrive in your personal life and at work.

Nutrition & Lifestyle is provided independently to your organisation.

It's focused on supporting you to achieve an effective and healthy work-life balance. We spend more than half of our life at work and too often we run out of time to focus on our own mental fitness.

We will work with you to develop a realistic action plan that can:

- build your mental fitness and emotional resilience
- provide specialist nutrition advice and information
- give you tools and strategies to better manage stress and/or anxiety
- help you to get more and better sleep
- teach you mindfulness techniques
- assist you through life stages, retirement transition and planning.

Your Nutrition & Lifestyle is:

- **A free, confidential service**
- **Available to all employees anytime, anywhere**

Details of your discussion will not be shared with your manager or workplace. You can read our Privacy Policy on our website.

Book an appointment to speak with us:



Scan the QR code or click here to **book**. Don't forget your organisation code:



Visit convergeinternational.com.au to **Live Chat** with a counsellor.



Call **1300 687 327** (Australia)
0800 666 367 (New Zealand)

