

Care Made Real

# Manager Assist

The Converge International Employee Assistance Program (EAP) can support you to lead in the changing world of work and to manage and support your team to maximise their performance, achievement and mental fitness.

**Manager Assist** is provided independently to Australia Post.

**Manager Assist** is a confidential coaching and advisory service for leaders of people, including team leaders, managers and supervisors. We offer expert support and advice for managing people and leadership training on self-development and improved personal leadership skills.

We can work with you to evaluate, plan, implement and achieve your personal, professional and organisational goals across:

- developing self awareness around leadership, personality and working style
- managing underperforming staff and other difficult staffing issues
- addressing workplace conflict and building successful teams
- developing and implementing strategies to support your staff and their mental health
- change management support
- improving workplace and interpersonal relationships.



Your **Manager Assist** is:



A confidential service



Available to all employees



Available for 6 sessions per issue

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

To make an appointment to speak with a Converge International counsellor:

Call **1300 OUR EAP (1300 687 327)** (Aus)  
**0800 666 367** (NZ) | **+613 8620 5300** (Intl)

Visit **[www.convergeinternational.com.au](http://www.convergeinternational.com.au)**  
to access our Live Chat service or book.

Download our **EAP Connect App** to connect  
with us through the Appointment icon.

## CONTACT OR MORE INFORMATION

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