

Empower Your Team: EAP Digital Toolkit for Managers

Your ComPsych® GuidanceResources® Employee Assistance Programme offers counselling, guidance and tools for emotional, financial, legal and other issues. Helping employees and their dependents ensures that these issues don't spill over into the workplace and harm productivity or morale. This digital toolkit provides resources on returning to work during the pandemic, resiliency, stress management and more. As management, you should leverage the materials provided by your EAP to not only help yourself during times of stress but also to empower your team.

Click on the images below to download these resources.



Program Flyers

Use this guide to explain all that the GuidanceResources® programme has to offer, including counselling, legal and financial guidance, and work-life resources.



Manager & Supervisor Toolkit

For managers and supervisors, the EAP is a vital resource for keeping operations running smoothly and efficiently. This toolkit explains how you can best use this resource effectively.



Training List

The GuidanceResources® programme offers an extensive catalogue of management- and performance-related training sessions to aid your career-development goals.



Posters for the Workplace

Getting the word out to your employees about all the EAP has to offer is as simple as forwarding these posters as PDFs or by displaying them in your offices and break rooms.



EAP Videos

The EAP is an important tool for keeping your workforce healthy and productive. This video explains all the resources it offers and how they can help you and the employees you supervise.



GuidanceResources® Online

The extensive EAP website offers articles, assessments, on-demand trainings, and thousands of other tools to keep you and your employees happy and healthy.

Here when you need us.

Online: guidanceresources.com

App: GuidanceNowSM

Web ID:

health  assured