



## MyCoach for People Leaders



It's a great privilege to lead other people, but it can also be a great challenge.

**MyCoach for People Leaders offers confidential and proactive support to work through workplace issues or challenges.**

How MyCoach for People Leaders can help:

- Guiding your team through change
- Dealing with conflict in the workplace
- Strategies to improve team relationships
- Approaches to positively address performance
- How to deal with challenging situations in the workplace
- How to support a team member you're concerned about
- How to refer an employee you're concerned about to the Best You program



**Make an appointment today  
by visiting [benestar.com](https://www.benestar.com) or call us on**

**Benestar**   
Be your best you

[benestar.com](https://www.benestar.com)



## How do I access MyCoach for People Leaders?

Just call us to make an appointment!

## What can I expect from my MyCoach for People Leaders appointment

MyCoach for People Leaders offers confidential support from a Benestar clinician who is experienced in employee and team management. You can arrange to meet with a clinician either via phone or video.

During your conversation our clinician will gain an understanding about the issue you are experiencing and then provide you with helpful proactive strategies on how you can approach the situation. Our professional consultants focus less on “what to do” (which is often governed by company policy) and more on supporting you with the “how”.

Please note MyCoach for People Leaders does not replace your organisations HR or existing HR Policies and Procedures.

## What are some of the common questions people leaders come to Benestar with?

- I have an employee who is regularly arriving late for work and seems distressed. What is the best way for me to check on their wellbeing?
- I'm about to have a difficult performance discussion and need some assistance to manage my emotions.
- I have a challenging conflict situation in my team – can you provide me with some guidance on how to manage the situation?
- I'm concerned about one of my team. How do I go about referring them to Benestar?

## Are there any other resources available to me?

Benestar also has a wide range of resources available on our BeneHub portal to support you and your team and help improve overall wellbeing and performance. Simply login or create your account using your organisations unique company ID and Token.

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