



EAP COUNSELLING

Professional support when your team needs it most.

What Is It

Our Employee Assistance Programme offers confidential counselling for personal and work-related challenges. Sessions can be delivered on-site, in-person, online, or over the phone. Before booking, we provide a free initial consultation to ensure a good match between client and counsellor, and to understand the client's needs so the counsellor can be fully prepared to offer maximum support and resources from the very first session. Businesses can customise their plan, including the number of sessions per year, family member inclusion, and relationship counselling. All sessions are entirely confidential; our counsellors do not submit notes. They also work across the community in our private practice, bringing extensive experience as employed counsellors, not just contractors.

Why It Matters

- Reduces stress and absenteeism.
- Improves mental health and resilience.
- Supports a caring workplace culture.

Who Is It For?

- All employees
- Businesses of all sizes seeking employee wellbeing support.

Take the Next Step
Book a consultation today
office@kowhaiwellbeinggroup.com

EAP Counselling

Our Community Commitment

We believe wellbeing should be accessible to everyone. Through our sister company, Kōwhai Therapeutic Services, we provide low-cost counselling for the community. In addition, 5% of all revenue from Kōwhai Wellbeing Group services is reinvested into community counselling, helping ensure support reaches those who need it most.



Timeframe

Immediate access after onboarding.

How It Works

1. **Sign-Up** – Choose your EAP plan.
2. **Access** – Employees book confidential sessions.
3. **Support** – Ongoing reporting and engagement.

Options

- **Basic Plan** – Pay-per-session for flexibility.
- **Standard Plan** – Monthly subscription with set session limits.
- **Premium Plan** – Includes family counselling and additional wellbeing support.

 Office @kowhaiwellbeinggroup.com

 www.kowhaiwellbeinggroup.com

CALL US FOR MORE INFO



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