

# Effective Living Inc



*Transforming Lives...*

## About

Effective Living Inc. is your EAP Partner to create a happy employee community in your organization. Our comprehensive, effective and flexible EAP deliver value to the organization and employees.

Effective Living Inc. has its centers in India at Mumbai, Navi Mumbai & Bengaluru.

Effective Living INC is a global citizen as we are well equipped with communication tools and technology by our side.

Organizations and institutions across the globe can engage EFFECTIVE LIVING INC as their EAP Partner. Effective Living Inc. is an International Member of Employee Assistance Professionals Association - Virginia, USA.

## Employee Assistance Program

Personal issues, planning for life events or simply managing daily life can affect your work, health and family. The Employee Assistance Program "EAP" is a confidential service which equips and supports you as you meet life's challenges. EAP is a service provided by the employer to its employees. Counselling is offered to employees of your organization on a contractual basis. During the first session, your counsellor will explain the details of the scope of counselling, what counselling can offer, answer queries and discuss any concerns.

The employee will be signing Client Agreement that states our ethics and protects your rights.

## The Employee Assistance Program is:

- ➔ Free at the point of use for the employee
- ➔ Includes face to face / e-Counselling / telephone support
- ➔ Voluntary without affecting employment security
- ➔ Completely independent and 100% confidential.



**You have access to in-person support for a wide range of personal and work-related issues such as:**

Stress

Anxiety &  
Depression

Relationship

Substance  
abuse

Coping with  
Grief and Loss

Parenting

Workplace  
Effectiveness

Choosing a  
Spouse

Conflict  
Management

Anger  
Management

## Face to Face Counselling

If you choose to attend a face to face session you will see a fully qualified practitioner. You will be offered a voluntary and confidential contract which offers an ethical framework to explore your own situation. It can be hard to seek help but early action can avert greater problems. Counselling provides a space to discuss concerns in complete confidence with a trustworthy, objective, non-judgmental professional, leading to greater clarity and new perspectives.



## e-Counselling

e-Counselling is an opportunity to connect with a professional counsellor from the privacy of your own home or office space. If you are out of town or finding it difficult to get to a counsellor's office, e-Counselling is ideal for you.



## Telephone

Your organization will be given a dedicated phone number to receive calls. An EAP specialist will try to understand with few questions to help you identify the best resource to assist with the situation. If you want to see a counsellor, we will match you with an EAP counsellor or therapist who is experienced.



**Any feedback or enquiries can be directed to us by mail [info@effectivelivingclinic.com](mailto:info@effectivelivingclinic.com)**



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