



# NUTRITION & LIFESTYLE ASSIST

*Building mental fitness. Together.*

*Nutrition & Lifestyle Assist provides access to an expert consultant who can help you to set clear goals and work towards getting your emotional health back on track.*

## CONVERGE INTERNATIONAL

The Converge International Employee Assistance Program (EAP) is there to support you to maximise your mental wellness so that you thrive in your personal life and at work.

## OUR SERVICES

Nutrition and Lifestyle Assist is provided independently from your organisation.

Our Employee Assistance Programs support you to achieve an effective and healthy work-life balance. We spend more than half of our life at work and too often we run out of time to focus on our own mental fitness.

We will work with you to develop a realistic action plan that can:

- Build your mental fitness and emotional resilience
- Provide specialist nutrition advice and information
- Give you tools and strategies to better manage stress and/ or anxiety
- Help you to get more and better sleep
- Teach you mindfulness techniques
- Assist you through life stages, retirement transition and planning

## OUR CONSULTANTS

Focus on providing you with tips, skills and strategies to improve your overall wellbeing so that you can address your lifestyle concerns and get back to being successful, productive, happy and healthy in life and at work.

## EMPLOYEE ASSISTANCE PROGRAM

Your organisation offers independent Employee Assistance Program.

Your Employee Assistance Program is:

**A confidential service**

**Available to all employees**

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

## CONTACT US

Make your appointment to speak with an experienced professional and learn how to make real, lasting changes across behaviour, goal setting, productivity and wellbeing.



**1300 OUR EAP**  
(1300 687 327)



Visit [www.convergeinternational.com.au](http://www.convergeinternational.com.au) and click on Contact Us to access our Live Chat service.



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



### More Information

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