



WELLNESS PROGRAM COUNSELLING SERVICES

Creative Therapy Consultants Wellness Plan Options

Option 1

- Pre-purchasing **5 sessions** per month - **10% discount**
- Pre-purchasing **10 sessions** per month - **15% discount**
- Guaranteed appointment slots, **never filled by other clients**

Option 2

Preferred access counselling within **5 business days at 10% discount** rate.

Should there be a concern regarding the volume of counselling requests, Creative Therapy would reach out to discuss the preferred access timeline.

Sessions are invoiced on an accessed basis.

Benefits

- Employees can access services above and beyond their extended health plan.
- Being psychologically well outside of work correlates to increased productivity and less time away from work.
- Enhanced employee engagement by demonstrating care and value for employees' well-being.
- Improved retention.
- Positive company culture.
- Reduced wait time to access counselling often experienced with seeking out services privately.

In Services

30-45 min presentation + 15 min Q&A
\$300 (tax included) (+ Travel if required)
Virtual or In person

Topic Options

- Effective Communication, Boundary Setting and Assertiveness
- Work-Life Balance & Preventing Burnout
- Impacts of Working Virtually
- Anxiety Management

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