



# MANAGER ASSIST

*Building mental fitness. Together.*

*Manager Assist is your coaching service, providing access to expert support across key areas for managers.*

## CONVERGE INTERNATIONAL

The Converge International Employee Assistance Program (EAP) is there to support you to lead in the changing world of work and to manage and support your team to maximise their performance, achievement and mental fitness.

## OUR SERVICES

Manager Assist is provided independently from The Australia Post Group.

Your Manager Assist coach is your experienced partner, working with you to evaluate, plan, implement and achieve your personal, professional and organisational goals across:

- Developing self awareness around leadership, personality and working style
- Managing underperforming staff and other difficult staffing issues
- Addressing workplace conflict
- Developing and implementing strategies to support your staff and their mental health
- Change management support
- Improving workplace and interpersonal relationships
- Building successful teams

## EMPLOYEE ASSISTANCE PROGRAM

The Australia Post Group offers an independent Employee Assistance Program.

Your Employee Assistance Program is:

**A confidential service**

**Available to all employees**

**Available for up to 6 sessions per issue**

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 with extensive, real world management experience and relevant qualifications.



**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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