



Your Employee and Family Assistance Program is a support service that can help you take the first step toward change.

## Career Counselling: Planning and Management Program



The Planning and Management Program (offered as a component of our Career Counselling service) connects you with career counsellors who use a variety of career management tools, resources, approaches, and support to help you make more informed career decisions and better manage career transitions.

### How it works

Access the program through one easy call to our Care Access Centre. Your Client Care Representative will match you with a counsellor who will work with you via sessions over the telephone to identify your career direction and goals, assess your interests and skill sets, and use strategies that enhance work satisfaction and performance.

**The counsellor will develop a program customized to your needs that addresses:**

- Career stress and work-life issues
- Career planning and redirection
- Job satisfaction and performance

### The result

Our program helps you find solutions to career issues before they have an impact on your personal life or work performance. It will assist you in better understanding your professional strengths to better manage your career path and cope with organizational change and new role expectations. With coaching and guidance, you can clarify goals and achieve balance between work, family, and self.

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