# **Money Assist**

Providing financial counselling and assistance.

Most people now spend more than half of their waking hours at work. With only so many hours in a day, it is easy to lose control of other areas of our lives. Crucial lifestyle concerns including money management, budget and finance can fall to the wayside, or spiral out of control putting increased pressure on our worklife, relationships and impact our overall wellbeing.

# Overview

Money Assist is a counselling and support program designed to allow staff to work through physical, financial and emotional wellbeing concerns with a skilled professional, and develop a strategy to get them back on track.

# Benefits

Money Assist is intended as a proactive service, targeted to those who may be interested in reviewing specific financial wellbeing issues, such as:

- Resolving financial habits that are causing conflict
- Eliminating stress caused by financial challenges
- Creating a personalised action plan to get out of debt sensibly and without extra cost
- Learning new financial skills and be confident with controlling your finances
- Providing practical information on how to negotiate with creditors to obtain achievable payment arrangements
- Providing practical information on debt agreements and bankruptcy, how it will affect you and what your options are

# Features

Our Money Assist service is designed to:

- Provide a range of specialist advice and coaching to support employees who may require enhanced wellbeing management skills, to help manage their lifestyle and financial wellbeing concerns
- Offer a range of delivery modes and locations, from phone, skype, and email
- Protect the privacy of individual service users through the provision of confidential and independent support

# Methodology/Approach

Money Assist is a short-term, solution-oriented, and empowerment driven model that utilises a combination of counselling and coaching skills to produce sustained results. Through professional supervision and development processes, our consultants are trained to assist our clients work through financial wellbeing concerns, and develop a plan to assist your staff. All our consultants are qualified in the delivery of therapeutic interventions, and have access to a referral network of external service providers to assist individuals with long-term issues.

# Delivery

Money Assist can be delivered as a stand-alone service, or as part of a modular EAP/People Assist Program. Other specialised services available are: Employee Assist, Manager Assist, Career Assist and Conflict Assist.

