

Owner and CEO Mentoring plus Key worker services

Every owner of a SME (small medium sized enterprise) or chief executive of a large corporation at various times in their business life has doubts and benefits from someone to bounce ideas off or help them realign their purpose and objectives (personal and business) to match the competitive and stressful environment in which they operate. Elite Therapists help you do this and can further help your management team and key personnel in your company to realign their motivation to maximise their contribution and help the business succeed at several levels.

Using a mix of therapeutic and psychological programmes we help individuals and groups through:

- **Executive mentoring**
 - ✚ A confidential sounding board where critical issues that normally not be shared with other employees, can be discussed and resolved. These amongst a wide range of topics may include overcoming doubts about personal responsibilities, business decisions, delegation, management style or team building.
- **Key worker mentoring and motivational Interviewing (MI)**
 - ✚ Establishing a business usually relies on recruiting, training and growing other people to contribute to the business direction you decide.
 - ✚ Keeping these people performing at the level you expect requires, encouragement and guidance but sometimes demotivating influences encroach which detract from their performance.
 - ✚ We can provide employee's a confidential therapy service which is designed to help them re-energise and restore positive attitudes to business and realise the high levels of involvement you and they expect in business.
- **De-stressing therapy**
 - ✚ Sometimes employees 'burn-out'. They lose the drive that was second nature through stress. Not always

caused by the business, their lack of direction and motivation directly affects business performance.

Employee Assistance Programmes

We provide tailored programmes to suit the needs of your staff individually and collectively. Any one-to-one therapy sessions are confidential individually focused as in directly delivered therapy and counselling with one exception. We are briefed by senior management on the objectives, issues, cultural background and management objectives of the company, which enables us to provide therapy in context of the working environment as well as individual needs..

- **Staff counselling**
 - ✚ CBT coupled with Motivational interviewing are proven therapy methods that help employees re-establish their relationship and commitment to work so a sustainable and productive work-life balance is reached.
- **Mindfulness**
 - ✚ Meditation and other techniques to help calm and refocus attention and perception. These are usually provided in group sessions.

Reinvigorating your staff directly impacts the bottom line. It makes for a happier and more productive environment so if you can get even 10% more productivity from your staff through enhanced performance without increasing costs, wouldn't you want to have this win-win situation working for your company? EA Programmes pay for themselves many times over, every day of every year.

If any of these areas sounds like it could be of interest to you personally or to your colleagues please contact Mark Churchward on Tel: 01692 651621 or email mchurchward@elitetherapists.com for more information.