

Staff Coaching

Resources -Tool -Skill	Source	Purpose/reason someone would access	How to access	Cost
Third party confidential counseling service specializing in employee health and wellness	Shepell-FGI	Short term confidential counseling for a variety of concerns such as stress, relationship issues, legal, finance, career, etc. access is 24/7 by phone, email or in person. For full time/part time staff and their families.	1-800-461-5558 CH Employee Assistance Program Shepell-FGI Shepell-FGI staff login – User ID and Password: see supervisor/manager or Employee Health (formerly Wellness and Safety) (Organizational Health Department) on the intranet.	EFAP resource-none
Conflict resolution program	Wellness and Respectful Workplace (Organizational Health Department)	Individual and group coaching, facilitated conversations (mediation), education re: conflict and related communication skills	(902) 473-2417	CDHA resource-none

January 17, 2013