



# **Employee Counselling Service**

rowan  
live better

## **Business Benefits**

- Increased productivity and quality of work
- Improved employee well-being and reduced sickness absence
- Enhancement of the organisation's reputation with employees
- Support for line managers and HR – having somewhere to refer distressed employees frees up management time
- Protection from litigation – if an employer offers confidential counselling then they will rarely be held in breach of their responsibilities

## **A professional counselling service for organisations**

Our counselling service offers employees the opportunity to talk about the difficulties they are facing in their personal or professional lives with someone who is trained to help them explore their concerns and options.

People use employee counselling services for many different reasons. They don't need to be in crisis to benefit, nor do their concerns need to be purely work related; personal difficulties often lead to stress that may be adversely affecting them both at home and work.

## **Rowan Employee Counselling offers:**

- An initial introductory session to explore whether counselling is appropriate for the employee
- Regular counselling sessions each lasting 50 minutes, up to an agreed number of sessions, usually six
- Self-referral or management referral
- A confidential service to the individual, with agreed feedback to the employer
- Private and comfortable settings throughout the UK
- Regular service usage reports for the employer

Current customers include:

University of Abertay, Dundee

EVH

Glen Turner Distillery

Trust Housing Association

Scouts Scotland

## About Rowan

Rowan is involved in the support, training and development of people and organisations. Our team of professional counsellors, trainers, and facilitators with experience in a variety of fields including education, management and caring professions.

As well as employee counselling, Rowan provides

- Individual and couples counselling and psychotherapy
- Family therapy
- Coaching
- Team Facilitation
- Supervision
- In-house training
- Workplace mediation

Rowan is an organisational member of COSCA, the professional body for counselling and psychotherapy in Scotland. We also abide by the ethical framework of the British Association for Counselling and Psychotherapy (BACP).

Our focus is on providing a high-quality service to organisations and individuals.



**Rowan Consultancy**

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