

1. Introductory EAP Package

Introductory package for 6 months only
Recommended for companies with 50-1000 employees



In-person or Webinar Training

2 one-hour sessions
Click [here](#) to view topics

Topics chosen to address specific needs

In-person sessions can be conducted onsite at the company workplace



Helpline

Call to book a confidential counselling session
9 – 6pm on weekdays
9 – 12pm on Saturdays

A counsellor will call back within 24 work hours for urgent cases



Confidential Counselling / Life Coaching

4 one-hour Counselling / [Life Coaching](#) sessions

[Life Coaching](#) is provided by Promises Executive Coaches

In-person or virtual sessions conducted by [Promises Healthcare](#) professional staff

GST not included

S\$1,600

Complimentary option to view the **Understanding Stress** module of the online **Workplace Wellness and Resilience Course** for a one-month period. Click [here](#) for details.