

Our EAP Packages and Services

- Individual, fully confidential one-to-one counselling sessions for personal and work-related issues
- Telephone helpline from 8a.m to 8p.m
- Workshops and talks

Our EAP is designed to offer support for both personal and work-related stressors and concerns, such as:

- Managing workplace stress
- Coping with difficult mental health issues
- Parenting and childcare
- Enhancing workplace team dynamics
- Managing negative people
- Effective communication



Discover The Promises Team

The Promises team is committed to providing holistic specialist care in mental health and other healthcare services, assisting individuals with life's challenges, and promoting psychological wellness and effective living. Our dedicated, professional team comprises experienced psychiatrists, psychologists, therapists and counsellors with a broad range of competencies to meet your needs.

For more information on our EAP packages and services, please do not hesitate to contact us.

Counselling Services:

+65 6397 7309

Training Services:

+65 6397 6994

Email:

eap@promises.com.sg



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Discover Employee Assistance Program (EAP)

Creating a healthy work-life balance



Employee Assistance Program



EAP lends support to your everyday concerns by helping you manage personal and work-related challenges, and ultimately, assist organizations in enhancing your productivity and performance.

Through training sessions, consultations and guidance, this program aims to help you to identify and address issues, including workplace, legal, financial, social and mental health concerns.

Habits of happiness workshop

In this workshop, you will learn about:

- What determines happiness according to science
- The happiness myths
- The 40 per cent solution
- Your own happiness score
- 3 happiness habits that can help you become happier
- How you can join a Happiness Club where you can continue your happiness quest with like-minded people

Healthy work life balance talk

What you can expect from this talk:

- Discovering what healthy work life balance looks like to you personally
- Time and space where participants get to take stock and evaluate where they are in striving towards the elusive balance
- Learn practical strategies that each participant can take as a stepping-stone
- Learn what are the elements of a flourishing and fulfilling life based on positive psychology

Conflict Resolution Workshop

In this workshop, you will learn about:

- Identifying difficult emotions
- Finding productive solutions in dealing with interpersonal and individual conflict solutions at work and in life
- Learn a number of practical strategies of conflict resolution for better ways of conflict resolution

