



# Employee Resiliency Coaching

## One-on-One Coaching to Enhance Personal & Workplace Resiliency

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MyWorkplaceHealth offers one-on-one coaching sessions for your employees to provide them with the tools to enhance their personal and workplace resiliency. We offer in-person coaching services in British Columbia and Ontario, as well as virtually-delivered (via videoconference) across Canada.

### Employee Coaching Services

Coaching isn't just for leaders or managers, your employees can benefit too! Enhancement of personal and workplace resiliency is win-win: employees feel more equipped to deal with the multiple personal and workplace demands of modern-life (serving as a protective and preventive role against psychological health symptoms) and workplaces reap the benefits of engaged, focused, and productive employees.

Our workplace consultants have a range of industry backgrounds and expertise - and our team includes clinical counsellors, registered psychologists, diversity and inclusion experts, conflict and mediation specialists, and legal experts.

Our on-site and virtually delivered coaching services offer an accessible and proactive approach to build employees' resilience skills\*. Enhancement of resilience skills protects against the development and exacerbation of psychological health symptoms and can mitigate and prevent the impacts of burnout, which is now recognized as being an occupational phenomenon by the World Health Organization.

**For more information, or to inquire about our offerings, please contact  
[info@drjotisamra.com](mailto:info@drjotisamra.com).**

*\*Depending on the service offered, this may be eligible under leadership development/coaching budgets or employee benefits for Registered Psychologists or Registered Clinical Counsellors.*