



Our Wellbeing Offer



Why are we offering it?

Recognizing the demanding nature of high-performance coaching, we want to prioritise your wellbeing. We understand the impact it can take and the importance of seeking confidential and independent support.

What's the offer?

Free expert support tailored to your wellbeing needs. It's a safe space, completely confidential, and independent from your professional commitments. All our experts are carefully vetted and endorsed by Te Korowai.

Experience

- A 45-min coaching call with a wellbeing and performance expert. This helps us to identify the best way to continually support you (Te Korowai funded).
- If facing non-clinical challenges, enjoy an additional 30-minute coaching session (Te Korowai funded).
- Need ongoing support? We'll seamlessly connect you with the right expert after your initial two sessions (Self-funded).
- Dealing with a clinical challenge? We'll guide you to suitable resources for continued care after the initial session (Self-funded).



The wellbeing support offer is available now, & it's for all Te Korowai Full Members.

For more information email wellbeing@te-korowai.org.nz