



# TE KOROWAI WELLBEING SUPPORT

**INDEPENDENT, CONFIDENTIAL & BESPOKE TO COACHES**



## WHY ARE WE OFFERING IT?

Recognising 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.

*“One of the most beneficial parts of being a member of Te Korowai is the independent and confidential Wellbeing programme that Te Korowai offers.”*



## EXPERIENCE

- Free 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 Members.  
**For more information email [wellbeing@te-korowai.org.nz](mailto:wellbeing@te-korowai.org.nz)**