



Work Well Coach

How they can Support you to Stay Well and Thrive in Work

Your health and well-being matter. If you're finding it difficult to stay in work or return to employment due to a health condition, disability, or mental health challenges, our Work and Health Coach is here to support you.

HOW WE CAN HELP Our tailored, one-to-one support can help you:



Stay in Work –

Practical strategies to manage your health while remaining employed.

Return to Work –

Guidance on transitioning back after illness or time away.



Build Confidence –

Support to overcome self-doubt and boost resilience.



Manage Mental Well-being –

Strategies for reducing stress, anxiety, and workplace overwhelm.



Explore New Job Opportunities –

If your current role isn't right, we can help you find a better fit.



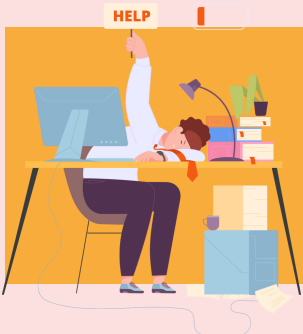
Access Workplace Adjustments –

Guidance on reasonable accommodations to make work more manageable.



Connect with Specialist Services –

Signposting to mental health, physiotherapy, financial, and other support services.



HOW TO ACCESS SUPPORT

Getting help is easy and completely confidential: Ask in practice

Support is designed to help you take positive steps toward better health, confidence, and work-life balance. Let's work together to help you stay well and succeed in work. Your health and well-being matter