

Psychosocial Coaching Service

Proactively support your workforce through barriers to work and recovery with organisational psychologists.

Work Healthy Australia's Psychosocial Coaching service is developed in partnership with organisational psychologists, safety professionals, and allied health practitioners who understand the complexities of managing workplace wellbeing.

Psychosocial Coaching is practical and future-focused. It helps manage emotional load, sharpen mindset, and find ways to stay clear-headed and composed, even when the situation is tough.

How it works

- ✓ **Consultations with an organisational psychologist**
- ✓ **4–6 structured, 30-minute coaching sessions**
(additional sessions available by consultation)
- ✓ **Delivered via video consultation**
- ✓ **Confidential and aligned to workplace outcomes**
- ✓ **Progress is tracked through regular reports and structured debriefs,**
while always maintaining worker confidentiality

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Psychosocial Coaching

When you could use the coaching service

Ageing Workforce

Addressing self-neglect, retirement anxiety, and outside stressors

- ✓ Structured transition plan

Younger Cohort with Barriers

Addressing unexplained absenteeism

- ✓ Building social self-efficacy and resilience, helping young workers overcome barriers to attendance

Barriers to Recovery

Addressing stalled progress in physical early intervention

- ✓ Target the motivation gaps and external stressors that stall progress

Return to Work from Physical Injury

Addressing fear-avoidance

- ✓ Bridging the gap between physical capacity and mental readiness

Differences between EAP vs Psychosocial Coaching

	EAP Services	Work Healthy Australia Psychosocial Coaching
Education	Generalist Counsellor / Psychologists	Organisational Psychologists
Trigger	Self Initiated when already in distress	Absenteeism, Difficulty performing role requirements, Barriers to Recovery in physical recovery
For	Treatment/ Management of a Psychological Injury	Fear avoidance, Return to work (RTW) barriers, burnout, team dynamics, retirement, life transition
Outcome	The employer is aware of general usage statistics, however no actionable insight to support workers	A weekly "Status Report" to provide guidance so the workplace can support the worker

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