

Counselling Services at CDFD

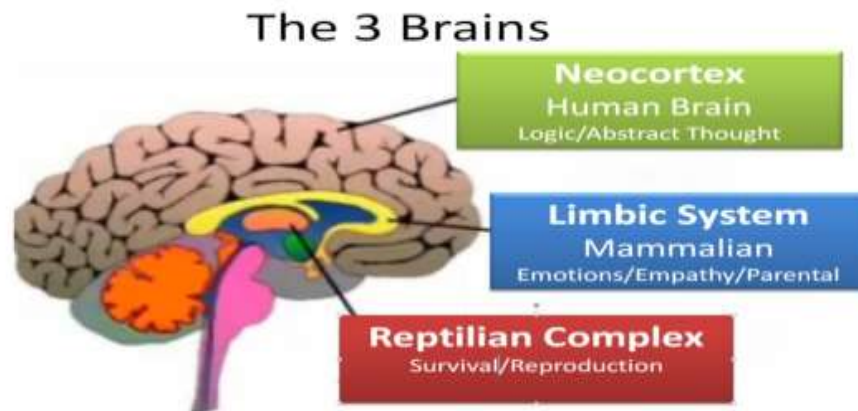
Counselling Services at CDFD

(Wellness to Excellence)

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Evolution of Brain



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Counselling Services at CDFD

Basic Human Needs



Conflict (*Wellness or Excellence*)



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What is Wellness for You?

Emotional—Coping effectively with life and creating satisfying relationships

Environmental—Good health by occupying pleasant, stimulating environments that support well-being

Financial—Satisfaction with current and future financial situations

Intellectual—Recognizing creative abilities and finding ways to expand knowledge and skills

Occupational—Personal satisfaction and enrichment from one's work

Physical—Recognizing the need for physical activity, healthy foods, and sleep

Social—Developing a sense of connection, belonging, and a well-developed support system

Spiritual—Expanding a sense of purpose and meaning in life

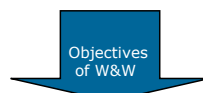


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Objective of the Service



Wellness Services are a strategic intervention designed to produce organisational benefits by identifying and resolving employees' personal and work related concerns



1.To Achieve
A Healthy & Balanced Life Style

2.Confidential Assistance
Emotional Support

3.A Support System
To enhance productivity and performance

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Performance Vs Stress



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Typical Workplace Stressors

- Tight Deadlines
- Dealing with Hierarchy
- Too many tasks - too little time
- Extreme working Conditions
- Poor work relationships
- Extended working Hours
- Handling strict protocol



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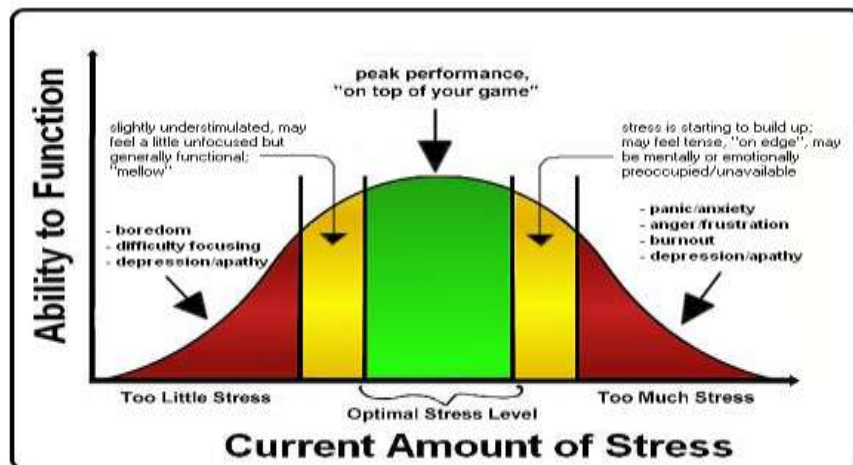
Life Events

- Death of partner or close family member
- Divorce or separation
- Serious illness of self or close family member
- New child
- Change of job
- Criminal prosecution
- Moving house



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Psycho-Somatic Issues



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Signs of stress (Psy)

- Negative thoughts
- Difficulty making decisions
- Irritability or anger
- Worry and anxiety
- Restlessness
- Nicotine and/or alcohol intake
- Difficulty sleeping /oversleeping
- Eating more / less
- Inability to Concentrate
- Withdrawing from social contact



Signs of stress (Physical)

- Weight loss / gain
- Headaches/Backaches
- High Blood Pressure
- Skin disorders
- Muscle pains
- Nervous 'tics'
- Constant fatigue
- Frequent minor illnesses
- Chronic indigestion
- Gastric ulcers
- Asthma Attacks
- Loss of libido



What counselling can offer?

A confidential counseling service for normal people,
with everyday concerns and problems

- A confidential place to talk about your concerns with a non judgmental professional
- Counsellor can shed insights or offer different perspectives on the situation or problem
- Helps learn new coping strategies and healthy ways to resolve conflict
- Ways to strengthen support systems
- A quiet space to listen to your thoughts and bounce them off someone for clarity

When to use this service?

- When previous attempts to solve the problem have not been successful
- When the problem becomes your only focus
- When the situation is negatively affecting important relationships
- When the situation is negatively affecting your functioning or performance

Counselling Services at CDFD

Services at CDFD

- It's a Counselling services
- They are qualified, experienced professionals
- They would provide you totally confidential, non-judgmental support
- Empower you to explore practical solutions to emotional concerns

All this at absolutely no cost to you FREE

Wednesday (0930-1800 Hrs)

☐ **60 minutes duration.**

The number of sessions available per client is limited to 03.

☐ You can continue the sessions at your own expense, if there is need for further consultation.

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Process of Consultation

Client requests for an appointment with the counsellor



Client & Counsellor Meet, Explore & Understand the issue



Task / Assignment / Action Plan chalked out



Evaluate progress or explore alternate possibilities



Confirm positive movement / resolution

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Some issues WE can help with

☐ **FAMILY** Since my son changed schools, he has become less communicative and more rebellious. I do not know how to handle him anymore. Is there anyone who can give me some professional advice?”

☐ **RELATIONSHIP** “My marriage seems to be falling apart. We hardly talk about anything. Most of the time my spouse is not even around to have a conversation with, either travelling or too tired and irritable.

☐ **WORK** “I have become very anxious lately due to my heavy workload and family responsibilities. I am taking medication to calm myself down but it doesn't seem to be working. HELP!”

☐ **PERSONAL** “No matter how much I try, I am just not meeting my targets. I am having sleepless nights and keep worrying about the upcoming review with my seniors”.

Issues that are **NOT** a part of Counselling Services

- Exit from the organisation
- Union related issues
- Remuneration issues
- Promotion and performance payoff's
- Disciplinary actions
- Change in CDFD policies
- Issues related to extended family members

Confidentiality

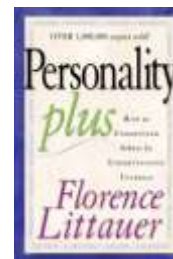
We assure you of complete confidentiality

- To protect your rights as an individual
- Take your consent to keep records
- Provide information to any third party only after getting your consent

This service is completely confidential unless there is a risk to:

- Yourself
- Others
- Your Family

Further Reading



Time, Money, And Relationships ensure that Stress will always be with us.

Stress is a part of everyday life. We need to learn how to manage it better. .