Help the employee back to well-being

– offer an individual well-being process...

Many have good well-being and a good balance between work life and private life. Others can, in phases, be heavily burdened by demands/changes at the workplace – or by personal challenges at home.

This can cause serious discomfort, and as a manager you may perhaps feel helplessness and experience no energy/motivation in the employee, increasing frustration and increased/threatening sickness absence.

The cause of the discomfort can be many things. Everything from stress and challenges with colleagues, problems with partner or children / physical or psychological illness in the family, financial challenges or another major emotional burden in a phase. Regardless of whether it is work-related or private – it affects the employee's energy and job satisfaction.

A caring offer for your employees

A well-being process in collaboration with BLUME Support is a present offer for exactly employees in the above-mentioned situation. We offer a well-being process both for your employee and, if relevant, for partner/family – depending on the nature of the problem.

A clarifying well-being conversation in the employee's own home identifies the primary challenges – and subsequent conversations with a psychotherapist or another competence person (e.g. couples therapist, financial adviser, family therapist or similar) – give your employee and, if relevant, the family supervision and good "help-for-self-help tools" to return to well-being.

As a manager, this gives you the advantage that you can refer an employee to BLUME Support and let us help the employee when personal well-being is challenged.

A task for which you may perhaps not always feel sufficiently equipped yourself or in which you do not wish to be involved.

This is how it works

What happens between your employee and BLUME Support is subject to 100% full discretion.

You refer the employee to us by following the guidelines you have received from HR – and we then take over and arrange an appointment with the employee.

Billing takes place through your HR department.

Please refer the employee to **www.blumesupport.dk/en/book** for further information about the offer and about how to book a process.

BLUME®
Support for life – 360°