



Workplace Advisor just got better...

Workplace Advisor is a full-service Employee Assistance Program (EAP) provided through Wilson Banwell PROACT Human Solutions™ that is now available to all AlphaPlus clients.

The EAP service provides unlimited access to short-term counselling to help employees cope with a broad range of personal issues including, but not limited to:

- job stress
- alcohol and drug abuse
- psychological disorders
- retirement planning
- sexual harassment
- gambling addiction
- bereavement
- marital/family/separation issues
- personal adjustment problems
- anger management
- aging parents/eldercare concerns
- conflict resolution.

Additional services include:

- Online self-help courses:
 - Embracing Workplace Change
 - Taking Control of Stress
 - Taking Control of Job Loss
 - Resilience
 - Taking Control of Your Mood
 - Responsible Optimism
 - Taking Control of Alcohol Use
 - Foundations of Effective Parenting
 - Resolving Conflict In Intimate Relationships
 - Taking Control of Your Career.
- Online eldercare/childcare search
- Health eLinks, an online health resource that provides credible health information and a complete health risk assessment.

Plan administrators will continue to have access to a toll-free consultation service for manager coaching and mentoring. This service is designed to provide professional support for leaders, an expert opinion about a workplace situation, and a confidential sounding board.

Consultations could assist with issues ranging from:

- employee conflict
- unusual employee behaviour
- how to provide assistance to employees, and
- strategies around assisted referrals.

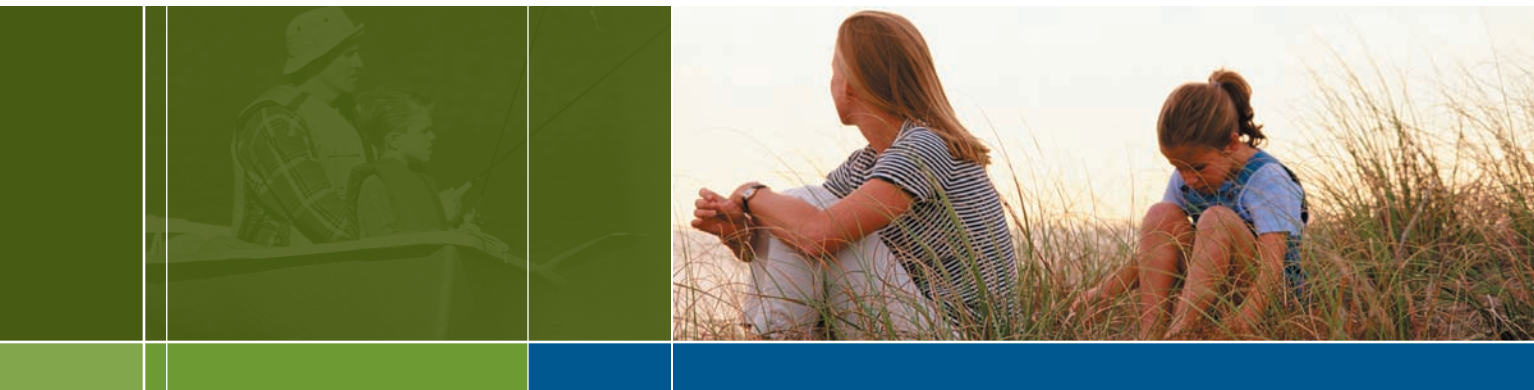
An online Human Resource library is also available as a resource centre to provide plan administrators with templates, HR forms and sample documents including, but not limited to:

- job descriptions
- employee handbooks
- interviews
- performance management
- Federal and Provincial legislation.

→ Online courses:

- Leading the Human Side of Change
- Value-based Leadership
- The Fundamentals of Effective Supervision.

→ A trauma response service that helps employees cope with an unexpected workplace trauma and guides them through the recovery process.



Online services are available through our Plan Administrator and Plan Member Secure Sites at www.manulife.ca/groupbenefits.

All enhancements are effective immediately. The brochures and websites have been updated to reflect changes. Please take the opportunity to share this information with your AlphaPlus clients. Workplace Advisor materials are available through the Materials Re-order Form (GL0006E/F). Plan member brochures are catalogued as Form Number GL3673E/F. Plan administrator brochures are catalogued as Form Number GL3678E/F.

About Wilson Banwell PROACT Human Solutions™

A leading professional service provider in Canada for over 25 years, **Wilson Banwell PROACT Human Solutions™** is a recognized leader in the area of employee assistance programs, trauma services, e-Health, selection and placement, relocation and coaching.

Encourage health and embrace the benefits!

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