



Small Enterprise Counselling Program

Supporting healthier teams, stronger for businesses.

At **Bloom Haven Wellness**, we understand that employees are the heart of every organisation. When a team feels supported, valued, and emotionally balanced, the workplace thrives.

This package offers companies the opportunity to provide confidential, one-on-one counselling sessions for staff, supporting resilience, focus, and overall wellbeing. Each session is designed to help employees manage workplace stress, build coping skills, and enhance emotional balance.

Each participating employee receives 4–5 private sessions with a registered Wellness Counsellor, either online for flexibility or on-site (within a 15 km radius of Johannesburg North/West), provided a quiet, private space is available.

Corporate Rate

R365 per session

(4–5 sessions per employee recommended)

How This May Benefit Your Organisation

- May help reduce absenteeism and support overall productivity: Mental health-related absenteeism costs the South African economy approximately R19 billion annually, highlighting the significant impact of mental health on workplace attendance and performance. [Eapasa](#)
- Can promote stronger workplace morale and engagement: Companies with structured wellness programs have reported a 29% reduction in absenteeism, indicating improved employee engagement and satisfaction. [LinkedIn](#)
- Encourages healthier communication and teamwork: Wellness programs have been shown to improve employee satisfaction and efficiency, with companies experiencing a 66% improvement in work efficiency. [Moonstone](#)
- Demonstrates a visible commitment to employee wellbeing: Offering wellness programs can enhance your company's reputation, making it more attractive to potential employees and improving overall employee retention.



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How This May Benefit Employees

- Access to confidential, professional support: Employees can address personal and work-related challenges in a safe and supportive environment.
- Guidance and tools to manage workplace or personal stress more effectively: Wellness programs provide strategies to cope with stress, leading to improved focus and balance.
- Supports self-awareness, confidence, and emotional regulation: Employees develop skills to navigate challenging situations with clarity.
- Encourages personal growth and resilience: Wellness programs empower staff to approach both work and life with greater confidence and wellbeing.

Disclaimer:

Bloom Haven Wellness provides wellness counselling and emotional support services. These sessions are not a substitute for medical, psychiatric, or psychological treatment. Counsellors will refer clients to the appropriate professionals if specialised care is required. All sessions remain strictly confidential and comply with the ethical guidelines of the Association for Supportive Counsellors and Holistic Practitioners (ASCHP). All prices are correct at the time of publication and may be adjusted as services evolve.