

# COACHING CLINICS & MENTAL HEALTH BENEFITS

Employees who are well simply perform better. Organizations that invest in employee health and wellness can see up to a 6x return on their investment even if we consider just two indicators: health care costs and absenteeism. Doing well by doing good benefits both sides of the corporate coin."

Take Employee Wellness Beyond Benefits," Forrester Research, June 18, 2021

## WHY?

Never has there been a more urgent time to support employees.

## HOW?

Currently coaching applied in the workplace is one of the most effective and widely applied approaches to leadership development.

86%

Those offering comprehensive mental health benefits would be glad to know that 86% of employees aged 18 to 29 say they'd be more likely to stay at a company that provides mental health care resources.

64%

of employees reported it's important that they are offered more mental health benefits after the pandemic than before

100%

of employees say the thought of returning to the office brings some level of anxiety

63%

of BIPOC employees DO NOT feel safe addressing life events that will impact their ability to perform at work with someone at their company

## COACHING CLINICS

- Coaching Clinics are on-site or web-based, that offer consultation with a professional coach to key staff
- Providing a broader spectrum of employees with convenient access to an independent and impartial coach.
- Clinics provide a fair way for employees to access support; to discuss organizational challenges and solutions with an experienced coach confidentially, and deflect pressurized internal conditions.

"It's super important to acknowledge the whole person in the workplace...leaning into the whole person and their care, their safety, and their mental health is a priority."

Pat Wadors Chief People Officer Procore, a Modern Health Client

## THE ANSWER!

With HR leading the way, in partnership with CEOs, now is the time to extend beyond incremental or short-term fixes to mental health benefits. It's time to eliminate stigma and weave emotional and mental health into your company culture by offering your employees coaching clinics.

EXECUTIVE

INSPIRING RESULT

COACHING