



## You support your team, but who's supporting you?

The key to creating and maintaining a positive and open team culture where everyone can thrive is you. Like life, the workplace has its ups and downs too.








Knowing how to coach someone so they deliver exceptional performance or understanding how you can support a team member's mental wellbeing is the sign of a great leader. The Manager Support line gives you the coaching support you need to motivate others and inspire people to help themselves. It also looks out for your wellbeing too.

**Information, advice and support is available  
Monday - Friday 8am - 6pm**

Telephone: [0800 111 6385](tel:08001116385)

Visit [www.my-eap.com](http://www.my-eap.com) use access code:

If you need advice or guidance  
on a matter affecting your team –  
our confidential coaches can help.

-  Helping you respond to work pressure positively
-  Support you with conflict management
-  Virtual team management hints and tips
-  Supporting diversity in the workplace
-  Being a positive manager of change
-  Role playing a difficult conversation you need to have with a team member
-  Recognising the signs of stress