

Your Employee Assist Program



An overview of Converge International Services
available to all Diocese of Ballarat Catholic
Education employees

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BALLARAT
CATHOLIC
EDUCATION
LIMITED



CATHOLIC EDUCATION BALLARAT

*As partners in
Catholic education
and open to God's presence,
we pursue fullness of life for all.*

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“

“For I know the plans I have for you,” declares the LORD, ‘plans to prosper you and not to harm you, plans to give you hope and a future.’”

— JEREMIAH 29:11

DOBCEL partnering with Converge International

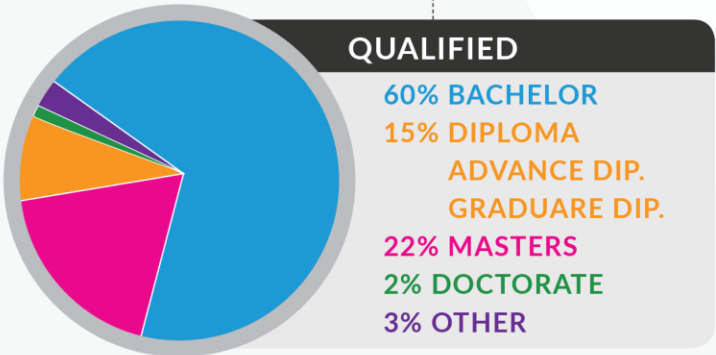
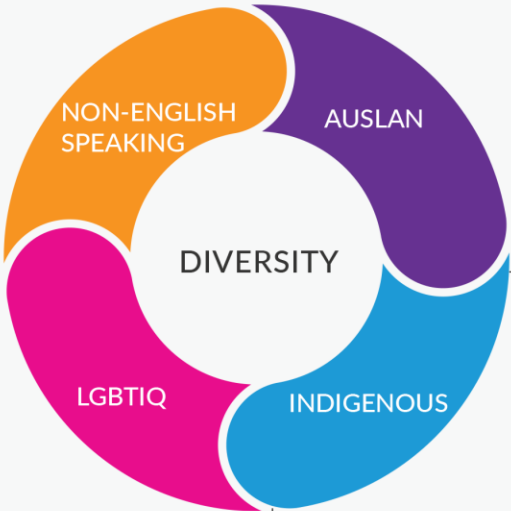
Catholic Education Ballarat, on behalf of the Diocese of Catholic Education Ballarat Limited (DOBCEL) has contracted services with Converge International to support staff wellbeing.

The contract provides for a range of services under an Employee Assist Program, commonly referred to as the EAP.

This presentation provides an overview of these services, and we strongly encourage you to share this information, and access the services as needed.



About Converge International





What is the EAP?

The EAP provides short-term, solution focused counselling which aims to support and empower employees and members of their families through a variety of best practice counselling approaches and frameworks to assist in resolving personal and work-based issues.

The EAP allows for 4 sessions per event/issue. In some cases, the counsellor may recommend an additional one or two sessions.

If longer-term help or a more specialised service is needed, the EAP counsellor can help identify the expertise required and facilitate a referral in your community.

Who can access the EAP?

All Diocese of Ballarat Catholic Education employees – across primary and secondary schools and the CEB. The service is also extended to your immediate family members.

The EAP offers a range of specialist areas or stream



Employee Assist

Support and counselling for a broad range of personal and work-related issues.

Manager Assist

Coaching and advice to assist with a variety of people management issues and develop your leadership competencies.

Career Assist

Career development and planning, resume and job seeking assistance, interview skills, vocational counselling.

Conflict Assist

Strategies, tools and coaching to deal with difficult workplace and personal situations.

Nutrition & Lifestyle Assist

Specialist advice across nutrition, sleep, resilience, mindfulness, addictive behaviours, retirement planning and positive lifestyle changes.

Money Assist

Financial counselling to help you work through financial wellbeing concerns.

Family Assist

Counselling for family members needing support across personal and/or lifestyle concerns.

Accessing the EAP



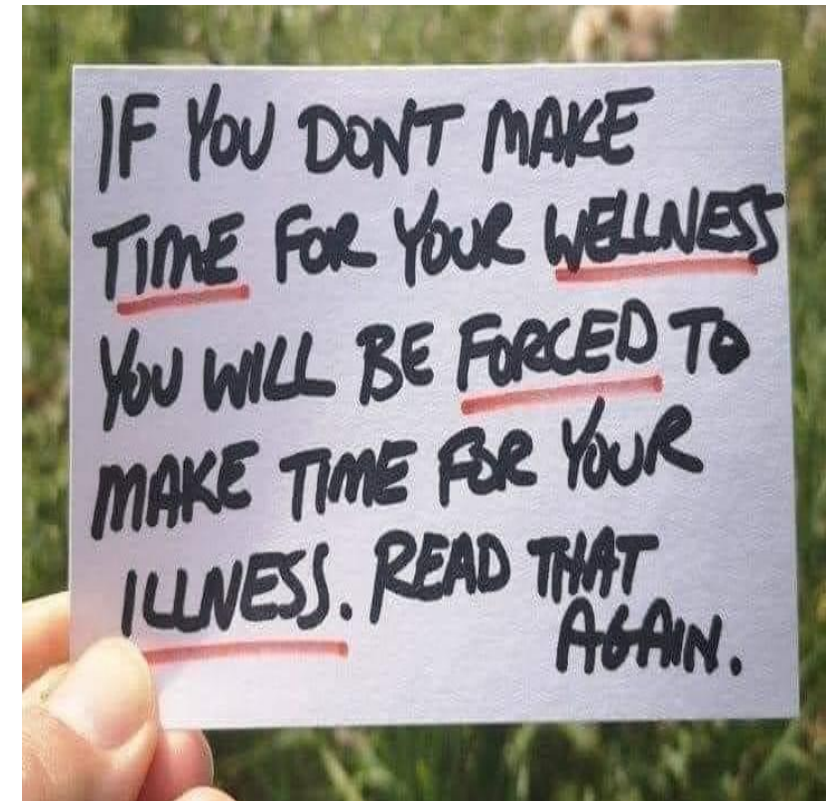
How do I book?

- You can call or email to book, you can also do so via the [Converge International website](#) or App.
- Advise the representative that you covered by the DOBCEL agreement (or a family member of an employee).
- You will be asked your school/office location.
- You will be asked the type of support you are looking for (refer to the EAP streams).
- This enables the representative to put you in contact with someone with the necessary specialty to support you.
- Sessions are available face-to-face across a range of locations, or by telephone, Live Chat or Zoom Assist

There are several recorded webinars, available at any time via the Converge Portal.

Go to: <https://www.convergeinternational.com.au/portal/eap/webinars>

(you may need to login to the Portal first to access)



Accessing other information

Converge International EAP Portal Access

The Converge International EAP Portal is an online hub of resources designed to provide you with information on work related and personal issues. The portal contains information on the latest news and events from Converge International, newsletter inserts on various topics, research papers and tip sheets.

At times you may wish to access some information to assist you with certain issues in your life and the Converge International portal is there for this purpose.

The portal is there as part of the Employee Assistance Program (EAP) services available to you however should not replace face-to-face or telephone counselling. If you would like to book a counselling session, please call Converge International on 1300 our eap (1300 687 327). The service is completely confidential.



Tip sheet topics include:

- Conflict and communication
- Career planning and transition
- Creating positive workplaces
- Grief and loss
- Motivation and positivity
- Mental health
- And many more...

Converge offers a range of tip sheets, resource materials and recorded webinars to support your wellbeing.

You can access this information through the EAP Portal.

There is also an EAP Connect App for iPhone and Android.

Logging in

To log in to the Converge International client portal, go to www.convergeinternational.com.au and click the 'Client Portal Login' link, followed by the 'EAP Portal Login' link. Use the below information to gain access.

Username: **converge**

Password: **eap**

EAP Connect



Your mobile solution for on the go EAP support

EAP Connect by Converge International provides access to information, support, and practical solutions for issues that impact your work, health, and life – directly on your mobile device.

Your employer provides you access to Converge International's holistic EAP model allows you to address the concerns or issues that are holding you back in life.

Converge International's EAP Connect mobile app is free to download and provides you with 24/7 support and access to the EAP and wellbeing resources.

EAP Connect provides you with:

- Information about Converge International's holistic EAP programs
- Easy click to call or email contact functionality
- Facility to make, change or cancel appointments
- Emergency and mental health resources contacts
- Tips and articles



Your organisation has partnered with Converge International to support you. Download the EAP Connect app today to make an appointment, or call for a confidential discussion with one of our EAP consultants.

MORE INFORMATION
1300 687 327 (Australia) | 0800 666 267 (New Zealand) | +613 8620 5300 (International)
info@convergeintl.com.au | convergeinternational.com.au

Flourish Monthly Wellbeing eMag



Flourish Wellbeing eMag

This magazine is available monthly and is shared via the Executive Director's Newsletter at the start of each month.

It can be downloaded and shared as a PDF or enjoyed online.

May 2022 edition of Flourish eMag is now available.

In this issue:

- Positive mindset
- Looking after your brain
- Melatonin and sleep
- What is resistance training
- Going vegan + more





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For more information about the EAP or Converge International contact Ange Jones via
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