



Inter-Church Trade and Industry
Mission (ITIM)
Trading as Workplace Support



Workplace Support (Canterbury) celebrated a milestone of 50 years in March, enabling people to have better wellbeing in the workplace. Our services respond to a growing call for support in all aspects of people's lives that improve their holistic wellbeing and ability to contribute positively in the workplace.

Our employee assistance services range from dedicated Staff Support to Counselling and Critical Incident Responses. Other therapeutic and professional services such as Career Direction, Financial Mentoring and Supervision facilitate improved wellbeing amongst leaders and their teams. Workplace Support provides easy accessibility, as a simple call to our team on our 0800 number enables the appropriate supports and resources to be arranged.

Mental Health continues more than ever to be a key conversation. This year Workplace Support held a series of public workshops on having Mental Health Conversations in the Workplace. We worked with Deacon Trust to establish Mental Health Coaching workshops with support of the Rata Foundation. Workplace Support partnered with the University of Canterbury to facilitate research into The Prevalence of Stigma Regarding Workplace Mental Health Initiatives in the New Zealand Workforce, working with five of our client organisations.

Workplace Support assists in creating greater understanding of individual and leadership practises that maintain positive, supportive workplaces. We provide Professional Supervision which supports leaders to have their most important conversations. Our Peer Support Programme has helped organisations establish their own trained wellbeing champions.

Members of church communities have attended and enjoyed our Emotionally Healthy Spirituality Workshops facilitated by our Church Liaison representative at our Christchurch Offices. These workshops are continuing.

During the recent pandemic, Workplace Support has reached out further to support leaders and their teams through facilitating group conversations, providing tools and tips that enhance connection, understanding and cooperation to sustain wellbeing and productivity.

Emerging issues are for leadership to embody sound wellbeing strategies and practices in the midst of significant changes in business, family life and society in general. Our team can be contacted at office@workplacesupport.co.nz or on 0800 443445 for inquiries or to access support.

Blessings

A handwritten signature in black ink that reads 'Viniece Blain'.

Viniece Blain
Chief Executive
Workplace Support

