

Stronger Teams, Healthier Business

Why Your Company Needs an EAP

A healthier workforce strengthens your business. An **Employee Assistance Program (EAP)** provides confidential support for mental health, financial worries, and work-life balance—keeping your team focused, engaged, and productive. Support your team, strengthen your business.



The Culture Curator x MindWay: Elevating Workplace Well-Being

The Culture Curator has partnered with MindWay, an innovative Australian EAP provider to support the delivery of top-tier health and wellbeing support for business.

Our shared mission is to facilitate the creation of healthier, more supportive workplaces where everyone can thrive. We believe that integrating tailored mindfulness programs into employee's day can significantly improve well-being, boost productivity, and create a more positive, collaborative work environment.

EAP FEATURES



PROACTIVE WELLBEING

Instant support when it detects a low mood. Prompts to mindfulness, breathing exercises, journaling.



ON DEMAND COUNSELLING

Connect with counsellors within 24 hours. Phone & video options make support easy & accessible, driving higher engagement.



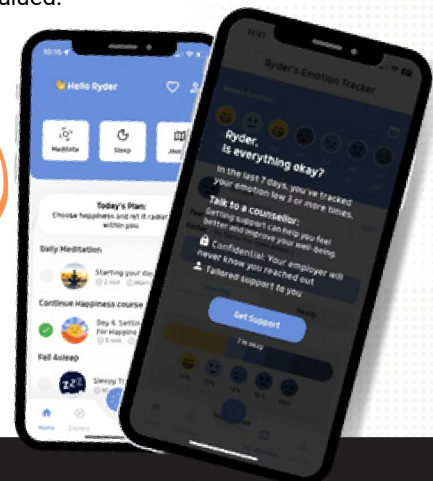
PERSONALISED MINDFULNESS

Custom sleep plans, stress, focus, relaxation exercises, as well as a daily journal which proactively prompts support if mood tracked consistently low.

WHY INVEST IN AN EAP?

- ◆ **BOOST EMPLOYEE WELLBEING** Supports mental health, stress management, and work-life balance.
- ◆ **INCREASE PRODUCTIVITY** Happier, healthier employees are more engaged and efficient.
- ◆ **REDUCE ABSENTEEISM** Early intervention helps prevent long-term absences due to stress or burnout.
- ◆ **IMPROVE EMPLOYEE RETENTION** A robust wellbeing program shows employees they are valued.

Make it easy for your employees to get the support they need, whenever they need it.



A Happier, Healthier Workplace Starts Here –
Contact Us to Get Started!