



August Monthly Webinar Women's Health

Women's health is not static, but fluid. It's a journey that calls for adaptability, self-awareness, and a compassionate response to our changing needs.

Our health is a journey that requires ongoing care and attention. This 30-minute introductory session explores women's unique physical and mental health needs across all life stages, providing practical insights, evidence-based strategies, and empowering tools to help you prioritise wellbeing, build resilience, and truly thrive every step of the way.

Key learning objectives:

- Understand women's physical health across life stages
- Recognise mental wellbeing's connection to physical health
- Identify key health issues affecting women
- Apply strategies to prioritise and enhance well-being

Your Facilitator: Renee Diment



Renee is a passionate health and wellness coach who empowers women through personalised support, expert nutrition guidance, and mindful movement. With a compassionate, holistic approach and deep understanding of women's health, she helps clients build confidence, create lasting change, and thrive – inside and out.

Tuesday 19th August @ 12 PM - 12:30 PM (NZST)

Link to register: <https://register.gotowebinar.com/register/8416421104968072031>



What is the service?

Your Employee Assistance Programme (EAP) is a confidential wellbeing resource, available any time, 24/7, to help you find answers to questions about work, life, health, family or money. We can offer expert advice, support, practical resources and referrals to help you manage life's issues and challenges – whether personal or professional.

What can I expect from my EAP appointment?

TELUS Health EAP offers confidential support from an experienced clinician.

During your conversation our clinician will gain an understanding about the issue you are experiencing and then provide you with helpful proactive strategies on how you can approach the situation.

You can arrange to meet with a clinician either face-to face, via phone, video, or SMS.

What are the qualifications of EAP clinicians?

All TELUS Health clinicians are highly qualified having been through a robust recruitment process to verify their credentials and experience.

Is the service confidential?

Yes. We take the utmost care to protect the identity of anyone who uses the service. The only exceptions to confidentiality include those governed by law, i.e., we are required to release documents under court subpoena, and we have a duty to intervene and report if a consultant or clinician deems an individual to be at imminent risk of harm to self or others.

Who pays for the service?

Your employer provides this programme to support your wellbeing free of charge.

Solutions for your work, health and life.



Achieve wellbeing

- Stress • Mental health concerns
- Grief and loss • Crisis situations
- Sleep issues



Manage relationships and family

- Communication • Separation/divorce
- Parenting



Deal with workplace challenges

- Stress • Performance • Work-life balance



Tackle addictions

- Alcohol • Drugs • Smoking cessation
- Gambling



Get legal advice

- Family law • Separation/divorce
- Custody



Receive financial guidance

- Debt management • Bankruptcy
- Retirement • Financial wellbeing



Nutrition Wellbeing

- Family nutrition
- Sustainable weight management
- Food intolerances and medical conditions

How do I connect with this service?

Call us on:

0800 360 364