

## Consulting Psychotherapy

Tailored, Solutions-Focussed Therapy for Individuals, Couples and Businesses

### Our Corporate Suite of Services

#### What do we offer?

The Red Chair Therapy offers a number of services that will assist you with individual and team behavioural issues. These include working with your team and working with an individual. The earlier you identify the issues, the less impact it will have on your staff turnover, quality of work and interpersonal relations within the team. Let's put out the embers together before they become flames.

#### Team Work

More and more businesses are becoming aware of the dynamics within their team. When employees are consistently working with tight deadlines, cracks begin to show and this pressure is simply not sustainable. This of course, affects the quality, production and relationships of team members. In-fighting, communication breakdown, absenteeism and presenteeism are just a few of the symptoms that something is just not right. There are a number of strategies that the Red Chair Therapy can offer to explore these issues and put forward solutions to allow your team to work more effectively and ultimately become happier at work which of course will improve your bottom line.

We know that when employees are involved in the solution it will increase the success of the outcomes put forward. The following is a list team training that we can offer once an assessment has been made.

Stress Management

Assertiveness Training

Team Work Communication

Confidence building

Dealing with difficult people

Anger management

Time Management

Negotiation skills

Decision Making Skills

Support for you, as their manager is always on hand with your corporate behavioural specialist. You will be kept in the loop at every stage of the process.

## **Individual Behavioural Coaching**

As a leader, one of your most important roles is to encourage your staff to do their best. By doing this, you'll help them make better decisions, solve problems that are holding them back, learn new skills, and progress their careers.

**So what is the bottom line here?** With behaviour based coaching the individual can be shown how to self-manage and significantly upgrade his or her personal and professional skill sets, feel confident, in control and be able to make the greatest contribution to the organisation. When an organisation's people move into a zone of growth, sustainable best performance, so does the organisation.

Whether you would like to develop individual staff or address a behavioural issue with a specific employee, The Red Chair Therapy can help.

## **Workplace Investigations**

A workplace investigation may be a necessary task for any employer faced with allegations of inappropriate employee behaviour. Conducting workplace investigations also allows employers to uncover high risk practices or inappropriate behaviour and take appropriate action.

Ensuring investigations are carried out fairly and thoroughly is essential, as these processes often form the basis for any decisions made regarding disciplinary action. They will also come under scrutiny if the employee later challenges the decision.

The Red Chair Therapy can offer independence to your organisation to ensure accurate and thorough workplace investigations are conducted.