

One-to-one Mental Health and Wellbeing Mentoring powered by Diversity & Ability

D&A

Diversity
and Ability



Product Code: X-T-MHW

Features:

- ✓ One-to-one Mental Health and Wellbeing Mentoring.

Benefits:

- ✓ Supports independence.
- ✓ Promotes positive wellbeing.
- ✓ Develops coping strategies.
- ✓ Supports self-esteem.
- ✓ Builds confidence.

When people are supported well, their confidence, wellbeing, and productivity soar. D&A offers specialist mentoring that enables employees to build strategies, not just for coping but for living fully, with a sense of wellbeing and positivity.

Feedback -

“Every week, we would sit and make plans of what needed to be achieved and how we could go about it. After every session, I would feel as though a weight had been lifted off my shoulders and would be more positive and motivated.”