



Developing resilient people who thrive, engage & excel

At Umbrella we strive to make a positive difference in the workplace by bringing our specialist skills as clinical psychologists to enhance individual wellbeing - and through wellbeing - performance.

Our tikanga is to bring the science of what works for people, teams and organisations into action in the workplace. Umbrella achieves this by partnering with organisations at three levels:

Organisational Level: Umbrella works with Senior Leadership and Human Resources Teams to:

- assess & measure resilience and wellness needs
- design & deliver evidence-based programmes to meet these needs and enhance individual and organisational resilience
- assess & measure the effectiveness of programmes, and
- consult to integrate policies, practices & procedures within the organisation.

Team Level: Teams have unique needs within an organisation. At Umbrella we tailor requested interventions to the specific needs and nuances of the team or we can identify and implement best-practice team solutions.

Individual Level: As clinical psychologists we have specialist skills in assessing and treating mental health conditions and achieving behaviour change. Umbrella works with individuals by:

- Psychological Support: providing evidence-based
 - Interventions to valued staff to deal with challenging common problems and to thrive, and
 - psychological therapies for mental health conditions such as depression, anxiety and substance abuse as well as tweaking personality characteristics.
- Coaching:
 - managers in supporting staff with mental health conditions and to manage tricky personalities
- Comprehensive Psychological Assessment: providing comprehensive third party assessments of employees

Visit www.umbrella.org.nz or call on 0800 643 000 to find out more.

