



gold star

reward your mind & body

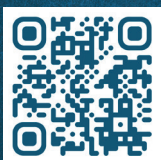
Gold Star: Supporting your emotional wellbeing

Sometimes work can be overwhelming. We know it's not always easy to handle feelings of anxiety, stress, and pressure. To help you out, EAP Services and the Ministry of Education are launching Gold Star, a wellbeing programme for people who work in education.

Our new programme was designed with educators and education workers in mind. It will equip you with awesome resources, useful tools and an online network to support your emotional resilience through the tough times - both at work and in your personal life.

How will the Gold Star programme support me? It can:

- Give you an opportunity to connect with others
- Monitor your wellbeing
- Build resilience to cope with constant change
- Give you tools to handle conflict or tension in the workplace
- Offer resources to support you through lifestyle or health challenges



Register your interest

Scan the QR Code to sign up for free and start your first module: Feeling overwhelmed at work.

