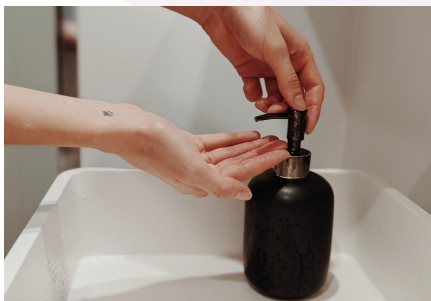


## TIPS Workplace Program

### Assistance for Return to Business, Stay at Work Support, and Mental Health

Gowan's TIPS Workplace Program provides work-focused Cognitive Behavioural Therapy with a focus on getting back to work or staying at work in a safe and sustainable way. The program was developed to provide the employee education, goal-setting experience, practice, and individualized planning to address any barriers that might be getting in the way of the successful return to the workplace or staying in the workplace.

The Occupational Therapist will work with your employee to develop a plan for reintegration that includes healthy self-care and resiliency. Your employee will gain the confidence and support that they need to be able to focus on their work productivity while supporting their health.



### TIPS Program Details

- 4 individualized sessions with an Occupational Therapist
- A detailed and structured resiliency plan for the employee
- A detailed and structured reintegration plan for returning to or staying in the workplace
- A brief booster session once the employee is back at work

Contact us to discuss the possibility of group sessions for multiple employees.

## TIPS Workplace Program

This four-session program provides your employee with the education, guidance, and coaching to effectively return to the workplace safely and confidently.

**T** Thoughts impact our behaviours and feelings. This session focuses on understanding our thoughts to squash worries and anxiousness.

**I** Integration planning to reduce isolation and generate ideas for return to work. This session includes developing goals for return to work.

**P** Preparation and practice of strategies. This session focuses on implementing a successful return to work plan through behavioural practice.

**S** Services and support to stay at work safely. This session focuses on accessing supports that are available for your employee to sustain the return to work.

