



INKBLOT EFAP



Work, Health & Life:

Career Coaching

Mental health is never one-size-fits-all. Here at Inkblot, we understand that it often takes more than just therapy for employees to live and feel their best.

At times, career and work challenges can become difficult to navigate and place a significant strain on your well-being. That's why, as part of our Employee and Family Assistance Program (EFAP), Inkblot provides Career Counselling through our Work, Health & Life Services to support employees in achieving their professional goals.



inkblottherapy.com/asebp





Get support with:

- Professional development
- Goal setting
- Career planning
- Career transitions
- Workplace stress
- Workplace conflict
- Adapting to a changing workplace
- Assessing your strengths, skills, education, and experience
- Drafting resume and cover letters
- Networking
- Interviews
- Leadership development

And more

How It Works:

- 1 Employees submit a request for Career Coaching via their Inkblot account or by calling Inkblot directly 1-855-933-0103.

- 2 They provide a brief description outlining their main objectives for career counselling and the areas they need support with.

- 3 Inkblot's health team evaluates the request and refers the employee to a counsellor best-suited to address their needs.



WORK, HEALTH & LIFE: CAREER COACHING

Inkblot Client Journey



Client Profile: Zuri

Age 30 · Business Development Manager

Inkblot EFAP Client

Zuri has always been an ambitious individual with a drive for success. She thrived in her role as a Business Development Associate, where she showcased her exceptional skills in bringing in new leads for her company. Her dedication had not gone unnoticed by her managers, and as a result, she was recently promoted to the position of Business Development Manager.

She was thrilled to have been given this opportunity to lead a team and make a bigger impact on the company's growth. However, as time went, she also recognized that the responsibilities and challenges of being a manager were quite different from her previous role. While she has excelled in generating leads, she found it challenging to set ambitious but achievable goals, develop a long-term vision for the department, and manage conflict. Zuri recognized that in order to thrive in her new role, she needed the guidance and expertise of a career coach who could provide her with personalized advice, help her identify her strengths and weaknesses, and create a tailored development plan to enhance her leadership skills.

After some reflection, Zuri decides to access the Work, Health & Life Services offered to her through her Inkblot EFAP. Through the Inkblot account, she submits a request for a career coach specializing in leadership development and is matched with an ideal coach within 24-72 hours.



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