

Well-being workshops

Well-being workshops promote holistic health by addressing stress management, emotional resilience, mindfulness, and work-life balance. Topics include:

- ◆ Resilience and Stress Management
- ◆ Sleep Well Education
- ◆ Wellbeing and Healthy Lifestyle
- ◆ Effective Communication and Team Building

Other topics can be tailored to your needs to boost morale and create a healthier, more productive workplace.

Executive and leadership training

Executive and leadership training services empower professionals to lead with confidence, clarity, and strategic insight. Programmes often include coaching, emotional intelligence development, decision making, conflict resolution, and team management. Tailored workshops and simulations help leaders enhance communication, drive innovation, and foster high performance cultures aligned with organisation goals and long-term success.



Executive and Leadership Training



Team Rebuilding and Resilience Programmes



Connect With Us Today

Whether you're seeking support or curious about how our Employee Assistance Programme can elevate well-being in your workplace, we're only a message away.

Contact us



3188 0837



6954 8117



eap.info@ucms.org.hk



Unit 2301C, 23/F, Crocodile Center,
79 Hoi Yuen Road, Kwun Tong, Kowloon

WEBSITE



WHATSAPP



Employee Assistance Programme (EAP)



蒼心同行 · 啟動潛能
Strengthening Minds, Empowering Lives

What is EAP?

Employee Assistance Programme (EAP) is a confidential and employer-sponsored benefit providing employees and their families with access to mental health counselling, crisis support, and practical resources. At the Holistic Wellness Hub, our EAP delivers integrated and compassionate care to boost emotional resilience and workplace well-being. With licensed professionals, multilingual services, and 24/7 support, we offer a safe space for individuals and organisations to thrive.



The EAP offered by Holistic Wellness Hub operates under the umbrella of United Christian Nethersole Community Health Service which is managed by United Christian Medical Service. We are an NGO with the aim to offer affordable and professional healthcare and emotional support services including EAP.

Services we offer :



Counselling &
Psychological
Support



Round the
Clock Service
Inquiry



Management
Consultation



Well-being
Workshop &
Corporate Training



Crisis Intervention
& Trauma
Response



Integrated Medical
& Allied Health
solution and
package

Counselling and psychological support

Our Employee Assistance Programme (EAP) provides confidential, professional support for employees navigating emotional, relational, or mental health challenges. Sessions are available both in-person and online, offering flexibility and accessibility. Services include one-on-one counselling, trauma support, and referrals to specialised care. By fostering psychological well-being, our EAP helps reduce absenteeism and promotes a resilient, mentally healthy workforce.



Crisis Response and Trauma Intervention

During critical incidents like accidents or sudden loss, our crisis response team delivers immediate, compassionate psychological support to the impacted staff. Our onsite support services aim to restore emotional safety, minimise long-term impact, and support recovery.



Grief Counselling



Onsite Psychological
Support