

Consulting and Wellness Planning

Grand Valley provides a work life consultant to assist faculty and staff with their wellness by providing individual coaching. Appointments are available to discuss personal or professional issues impacting wellness. A work life consultant provides resources, support, education, referrals, and wellness tools. Issues commonly addressed include:

- grief and loss;
- mental health support;
- caring for an elderly parent; and
- support for new parents, working parents, and nursing mothers.

Conflict Resolution Process

A work life consultant supports individuals and departments. Options include:

- **One-on-one individual meetings.** Learn tools for interpersonal effectiveness and discussion options.
- **Facilitated conversations.** A work life consultant meets with each individual party, followed by a facilitated conversation. This is considered a preventative step and all parties must be agreeable.
- **Coordination support.** A work life consultant helps coordinate on-site support from ENCOMPASS (Employee Assistance Program) upon supervisor/dean approval.

Departmental Support

A work life consultant is available to develop creative interventions for departments.

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We need a neutral party to help us brainstorm.

We are working on a project and would like consultation from Benefits and Wellness.

We want to offer departmental-specific wellness programming.

We want to learn more about what services are available during a departmental meeting.

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Presentations

Want to learn more about how to stay well? Presentations are available upon request for faculty and staff. Simply contact a work life consultant and request a presentation. Sample topics include:

- wellness benefits available at GVSU;
- interpersonal effectiveness in the work place; and
- mindfulness tools for work and life.

Series and Events

Throughout the year, there are multiple opportunities to learn about resources at Grand Valley and in the community for issues related to work and life. More information can be found by searching on Sprout, the HR event guide, and the monthly Benefits and Wellness newsletter. Educational topics include:

- How to Retire Happy
- Elder care resources
- Financial health

Communities of Support

These peer-led groups are for faculty and staff who are looking for support around a variety of shared personal interests and issues. Current communities of support include:

- **The Parenting Network.** Find the schedule at gvsu.edu/hro/benefitswellness/parentingnetwork.
- **The Retiree Connection.** Find more information at gvsu.edu/retiree.
- **The Pet Network.** Register online at gvsu.edu/sprout.

Interested in additional communities of support? Learn more about starting one by contacting a work life consultant.

Values and Objectives

A work life consultant is available to you as part of your wellness services at Grand Valley. Work life consultants provide supportive tools, plan wellness events, and develop presentations to support all faculty and staff in times of need, and also in maintaining wellness and balance.

A work life consultant makes an impact in the lives of faculty and staff by ensuring all efforts are accessible, sustainable, and holistic.

Accessible

A work life consultant ensures all initiatives for wellness and well-being have multiple outlets and options to receive support.

Sustainable

A work life consultant aims to ensure interactions and programming that effectively utilize university resources.

Holistic

A work life consultant offers services that wrap around faculty and staff in all areas of their lives to support their overall health and well-being.

Referrals

- Self-referrals are welcome.
- Faculty and staff may request an individual outreach for a colleague.
- Supervisors may request a referral.
- We want to hear from you. If you have an idea or feedback, please do not hesitate to call.

Contact Work Life Consultant Elisa Salazar, LMSW

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Faculty and staff also have access to ENCOMPASS, a third party employee assistance program which offers 24/7 crisis support, consultation, and coaching. Call them at (800) 788-8630.

ENCOMPASS
EAP
An AllOne Health Company

For more information, please visit gvsu.edu/hro/benefitswellness.

Benefits & Wellness

Work Life Consulting

