

NEW PODCAST



— CONVERGE INTERNATIONAL

Separating work from home

Are you a frontline worker, finding it hard to separate from work when you get home?

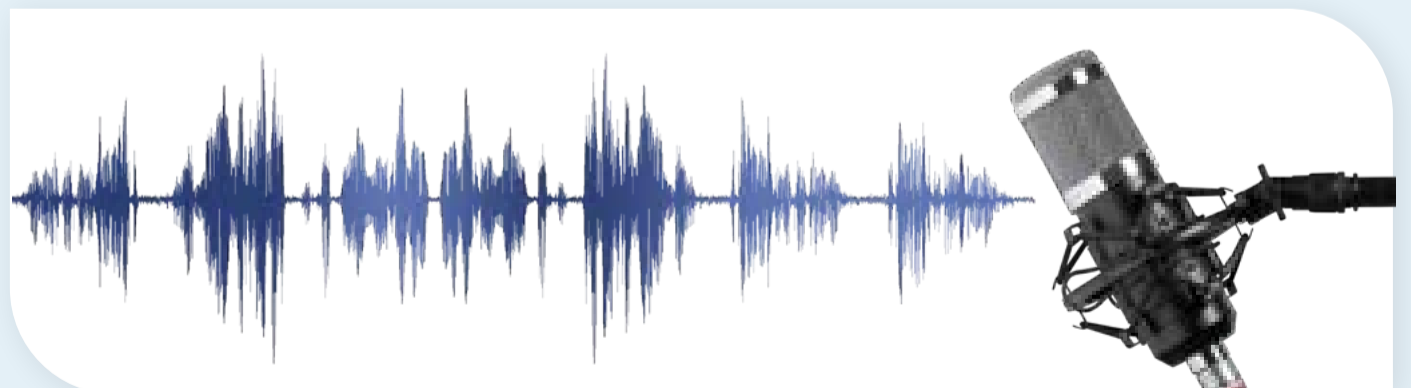
Hear from our Cate Page, Executive Director of Clinical Services at Converge International about some things you can do to help switch off from work.

To build your personal plan to leave work at the front door, **make an Employee Assist appointment** for strategies to create quality home time.

All **free of charge** and part of your Employee Assistance Program.



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