

CASH-BASED EAP & STAFF CARE

Support Your People. Strengthen Your Organization.

The people who care for others need somewhere to receive care, too.

Doing Life Well Integrative Health & Consulting, PLLC provides direct, confidential Employee Assistance Program (EAP) and Staff Care solutions for churches, faith-based organizations, schools, nonprofits, and mission-driven organizations.

Designed for organizations seeking meaningful support without the complexity of a traditional EAP, our model provides employees and leaders with access to professional support while giving organizational leadership a simple, predictable approach to investing in staff well-being.

WHAT STAFF CAN ACCESS

Depending on the organizational agreement, services may include:

CONFIDENTIAL INDIVIDUAL SUPPORT

- Short-term counseling and emotional support
- Stress and burnout support
- Work-life challenges
- Grief and loss
- Family and relationship concerns
- Life transitions
- Workplace-related stress

STAFF WELLNESS & RESILIENCE

- Burnout prevention
- Stress management
- Emotional resilience
- Lifestyle health education
- Healthy workplace practices
- Interactive staff wellness workshops

LEADERSHIP SUPPORT

- Leadership consultation
- Staff-care strategy
- Grief and loss response
- Organizational transition support

A DIFFERENT APPROACH TO STAFF CARE

Organizations shouldn't have to choose between meaningful employee support and administrative simplicity.

Doing Life Well works directly with organizations to develop a customized staff-care arrangement based on organizational size, workforce needs, anticipated utilization, and desired services.

Depending on the engagement, organizations may receive a defined number of confidential support sessions, staff workshops, leadership consultation, and other agreed-upon services.

DIRECT. CONFIDENTIAL. FLEXIBLE.
Designed around your organization.

DESIGNED FOR

- Churches & ministries
- Nonprofit organizations
- Mission-driven organizations
- Christian schools & academies
- Small businesses
- Community-serving organizations

YOUR PEOPLE MATTER

Staff care is not simply a benefit. It is part of building an organization where people can serve, lead, and work well for the long term.

Let's talk about what your organization needs.

BOOK YOUR ORGANIZATIONAL CONSULTATION

During your consultation, we'll discuss your organization's size, staff needs, desired level of support, and the services that may be appropriate for your team. Investment is determined based on the scope of the engagement.

DOING LIFE WELL • STAFF CARE • ORGANIZATIONAL WELL-BEING