



Umvoti Wellness

Enhancing Productivity

## Employee Assistance AND Wellness Services



Eastern Cape	Unit 1, 6-8 Donald Road; Vincent; East London; 5247	Unit 1, 6-8 Donald Road; Vincent; East London; 5247	0437046444
Gauteng	377 Rivonia Boulevard; Rivonia; 2128	<b>Postnet Suite 1; Private Bag X75; Bryanston; 2021</b>	<b>(011) 593 2164.</b>
Western Cape	The Business Centre; No 1 Bridgeway Road Bridgeways Precinct; Century City; 7441	Postnet Suite 1027; Private Bag x 2; Century City; 7446	<b>(021) 830 5844.</b>
KZN	The Business Centre; 2 Ncondo; Plance; Ridgeside,; Umhlanga Ridge Durban	Postnet Suite 47; Private bag X01 Umhlanga Rocks; 4320	031 571 0760

Organisation Name	Umvoti Wellness
Website	www.umvotiwellness.com and www.umvotiwellness.co.za
Contact Person	
Registration Details	Year: 2007 Registration Number: 2007/118262/23

**Umvoti Wellness** is an innovative wellness company that provides comprehensive behavioural change services for the workplace. We have been providing EAP Services since 2007. We are a **100% Black African women-owned, managed and operated business**



Over the years, we have developed scalable solutions that lower barriers to provision of Employee Assistance and Wellness Programmes

**CORE PROGRAMMES OFFERED BY OUR COMPANY**

1. Employee Assistance Programming
2. Employee Wellness Programming
3. Organizational Development Processes for EAP and Wellness Industry
4. Continuous Professional Development Points for Social Workers accredited by SACSSP delivered through our CPD School – The Wellness Counselling School of South Africa PTY LTD

**Our Clients**

- Eastern Cape Department of Education – Developing Employee Health and Wellness Policies, Procedures, Safe Work Methods, Handbooks for supervisors, EHW Committees, Employees (content includes HIV, AIDS and TB Management Pillar; Health and Productivity Management Pillar; SHERQ Pillar; Wellness Management Pillar)
- Eastern Cape Department of Education – EHW Head Office and Regional Teams Training and Development
- Eastern Cape Department of Transport – Employee Health and Wellness Strategy Formulation and Roll-out
- Chartered Institute of Personnel Management, Nigeria – Employee Assistance and Wellness Programming; Introduction of the programme to HR Managers across Nigeria
- Chartered Institute of Personnel Management, Nigeria – Supporting Organizational Change through the EAP; training selected members from different organizations on how to implement an EAP that supports change and agility in organizations operating in dynamically changing environments (managing turbulence through the EAP).

- Department of Economic Development Eastern Cape – EWP Strategy Development
- Chris Hani Municipality – EWP Strategy Development
- OTP Eastern Cape – EAP Strategic Framework and Toolbox Development for the province
- OTP Eastern Cape – TODCOS Consultants Training on EAP Core Technology and AUDIT
- Department of Social Development Eastern Cape – Employee Wellness Coordinators Training
- Department of Social Development Eastern Cape – EAP Policy Development: Substance Abuse Prevention Policy Development; Vicarious Trauma Policy and Strategy Development
- Department of Social Development Eastern Cape – Vicarious Trauma Management Programme Development; Social Worker Debriefing Programme
- Department of Education, Eastern Cape – Wellness Coordinators and Committee Training
- Rand Water - EAP Provision
- Rand Water – Organizational Wellness Strategy
- Films and Publications Board - Employee Assistance and Wellness Services
- Metal and Engineering Industries Bargaining Council (MEIBC Western Cape Region) – Ad hoc Counseling Services
- GESS International – EAP Services
- Wakanow International – EAP Services

**References**

<b>Organization</b>	<b>Contact Person</b>	<b>Telephone Numbers</b>
Films and Publications Board	Andre’ Micheaux	0126610051
Department of Social Development	Lindelwa Koto	0829478683
Eastern Cape Department of Economic Development, Environmental Affairs and Tourism	Benedicta Guqaza	0828523397
Eastern Cape Department of Education	Ms Yoliswa Bomela	0838588779/0833244286
Eastern Cape Department of Transport	Ms Sindiswa Magwebu	0834156395



Issues and Levels of Intervention

	ORGANIZATIONAL POLICIES AND PROCEDURES DEVELOPMENT	COUNSELING	WORKSHOPS	HEALTH PROMOTION
PERSONAL STRESS	✓		✓	✓
ANXIETY	✓	✓	✓	✓
ALCOHOL AND SUBSTANCE UNHEALTHY USE	✓	✓	✓	✓
DEPRESSION		✓	✓	✓
DREAD DISEASE/HIV AND AIDS PSYCHOSOCIAL SUPPORT		✓		✓
GRIEF AND BEREAVEMENT		✓		
GAMBLING		✓		
ANGER		✓	✓	✓
EATING DISORDERS		✓		✓
RELATIONSHIPS (Loss and Transitions)		✓	✓	✓
PERSONAL TRAUMA		✓	✓	✓
DOMESTIC VIOLENCE PSYCHOSOCIAL SUPPORT		✓	✓	✓
WORKPLACE VIOLENCE	✓	✓	✓	✓
HEALTHY LIFESTYLE PROMOTION (Including Wellness Day Organizing and Management)			✓	✓
MOBILE TOUCH THERAPY/SPA (head, neck, shoulder, hands and feet massage)				✓



**PRODUCTIVITY SOLUTIONS**

We provide the organization and its employee with targeted wellness and productivity solutions addressing five levels of health and productivity risks and solutions. The services are divided into five levels:

