

# WorkBetter

Helping people whose sexual behaviour in the workplace is a problem for themselves or others



Workplaces are challenging and complex environments. People have to navigate their way through interpersonal relationships with colleagues while still meeting business goals.

Many ways of behaving that were once seen as a normal part of working life are increasingly seen as unacceptable. Changes to workplace law and greater social awareness through movements like #metoo are changing what is expected and causing people to challenge both current and past behaviours.

Sexual harassment and inappropriate sexual behaviour in the workplace can range significantly in seriousness but always undermine the relationships between colleagues and cause distress to those involved.

Personal and professional consequences for those accused of sexual harassment can also be significant, putting careers and personal lives in jeopardy.

## What is **WorkBetter**?

Inform Health's **WorkBetter** is a strengths-based service helping people attain a better life through more positive and rewarding workplace relationships.

Clients are helped to understand their own behaviours and supported to develop more appropriate ways of meeting their personal needs within both work and home environments.

**WorkBetter** is forward-looking, helping clients build a more positive future. **WorkBetter** does not require clients to confess or admit to any sexual harassment or misconduct.

## Who is **WorkBetter** for?

**WorkBetter** helps those who have engaged in, or been accused of sexual harassment, and are wanting to see change in their lives.

**WorkBetter** is suitable for anyone who:

- Has engaged in harmful sexual behaviour in the workplace, including sexual harassment and criminal offences
- Has been accused of sexual harassment in the workplace, whether sexual harassment has occurred or not
- Is concerned about how they have behaved at work and worried it might lead to sexual harassment allegations and/or behaviours.

**WorkBetter** is tailored to help those who have engaged in or been accused of sexual harassment and are wanting to see change in their lives.

## Who are we?

Inform Health is a charitable trust, and is part of New Zealand's largest group of community-based specialist services for those with concerning, problematic and harmful sexual behaviour.

Based in Auckland, Waikato, Bay of Plenty, and Northland, our staff team includes psychologists, psychotherapists, counsellors and social workers.

## How do I contact Inform Health?

If you are concerned about your sexual behaviour at work or have been accused of sexual harassment, you can get help by contacting Inform Health and enquiring about our services. Or you can complete and forward us a referral form.

## What is the process?

Your referral will be reviewed to see whether Inform Health is the right place to meet your needs. If so, we will meet with you for a free initial consultation to discuss our services in more detail, answer any questions and complete the referral documentation.

Our services are tailored to your specific situation and needs, with counselling topics and duration of service based on these. For some clients that may only require a few one-hour sessions with their counsellor, while for others it may involve a more detailed assessment and a longer, more intensive service.

## Is it confidential?

Yes, your personal information is treated as confidential and is protected and managed in accordance with the Privacy Act 2020 and the Health Information Privacy Code 2020.

In some circumstances, legal privilege may also apply to your information.

You will be provided with a copy of Inform Health's Privacy Policy at your initial consultation.

## How much does it cost?

Inform Health charges a fee for each therapy session. This will be discussed and agreed with you at your free initial consultation.

## Our clients

Our clients come from a range of backgrounds and personal situations. Each person has their own story and reasons for coming to Inform Health, and each story is different and unique to them.

What they all have in common are thought patterns or behaviours that have caused problems for themselves and others, and a desire to see change in their lives and enjoy a more positive future.



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