



AAG has partnered with Uprise to offer a digital wellbeing coaching service for you as you transition from employment with AAG to alternative employment. You have access to Uprise support for a 12 month period. If you choose to register for coaching or counselling you have access to THREE sessions (and can request further sessions via your Uprise coach).

What is Uprise?

Uprise is a digital resilience app with an option to use a dedicated wellbeing coach. Learn the top proven skills for resilience via the app or get coaching from a professional on a current life stress like financial stress, family, self-beliefs or a work issue.

Have a look at the 2-minute video <https://vimeo.com/268911111> for better understanding on how the program works.

Confidentiality

Uprise is confidential service. They provide de-identified outcome reports but never information that can identify any employee.

At AAG we appreciate that we could all do with more support when facing the stress of work and home life. *Uprise* can help in a few ways:

- building resilience.
- working with a coach via phone or computer to apply the skills to manage something currently stressful.
- If you just want to see how you are going you can do a wellbeing check and get a report.

All *Uprise* coaches are licenced coaching psychologists or counsellors. Uprise also provides therapy if you prefer that to coaching.

You can access counselling sessions via the website <https://uprise.co/employee>

REGISTERING FOR UPRISE

Via Mobile App:

1. Download the iPhone app at <https://apps.apple.com/au/app/uprise-mental-resilience/id1203493898> or the Android app at <https://play.google.com/store/apps/details?id=co.uprise.swemyss.uprise&hl=en>
2. Create an account using the code **aag-epa**

Via Desktop:

1. Go to the Uprise website <https://uprise.co/employee>
2. Click on 'Signup for Upskill'
3. Create an account using the code **aag-eap** when asked for code. **Questions**

If you have questions please visit <https://uprise.co/how-it-works-employees/> or the <https://help.uprise.co/en/collections/1463926-uprise-faq> or contact Uprise on team@uprise.co or 1300 209 371.