

LIFE IS A MATTER OF BALANCE



IPS WORLDWIDE CAN HELP

If you are a responsible organisation, you need to actively help your employees balance the competing demands of work and personal life. Getting the balance right has positive outcomes for you as an employer as well as for the individuals who work for you. Your workforce can become far more effective when it knows its success and well-being – both physical and psychological – are looked after.

IPS Worldwide provides high quality workplace solutions to leading organisations. IPS Worldwide is committed to the development and innovation of tailored workplace programs to better manage valuable human resources. We provide a range of human resource risk management and health services to add new levels of positive, productive benefits to your organisation regardless of size, industry or location.

IPS: BRINGING HARMONY TO WORK – SELF – FAMILY

IPS Worldwide is one of the world's leading providers of Employee Assistance Programs designed to effectively deliver services relating to employee issues, both personal and professional. The model IPS Worldwide developed is now recognised throughout the world as an industry standard in the workplace. In 1998, IPS gained ISO9000 quality certification (one of the few in the world!) and continues to be driven by our commitment to World Best Practice.

When your organisation makes IPS Worldwide part of your team, you bring a wealth of fully integrated resources to your workforce ready to put into action.

ESSENTIAL SERVICES FROM THE PEOPLE WHO KNOW PEOPLE

As an organisation with hundreds of offices in a multitude of countries, IPS Worldwide works with your people on a local or international scale based on working to your targets and implementing a strategy that's right for you. Our clients vary in size from large multi-nationals to small business as well as government and professional organisations.

Your HR initiatives such as Employee Assistance Programs, Worklife and Trauma management services are no longer optional extras. They are basic necessities for companies to survive and thrive in rapidly changing times.

MAKE SURE IT ALL WORKS

EAP – CUSTOM TAILORED EMPLOYEE ASSISTANCE PROGRAMS

When you take the initiative to let us create an EAP for your organisation, you take a load off your plate. You can enhance overall productivity, see rapid cost-savings from reduced stress-related absence and illness, and be assured of professional quality services implemented effectively.

Most importantly, IPS Worldwide will tailor your EAP to your culture, your strategies, your targets. Rather than working with off-the-shelf modules, we design each Program on an individual basis working closely with your teams. At the same time, we bring well-grounded knowledge and insight to each program based on our extensive experience.

WORKLIFE PROGRAMS TAILORED TO YOUR ENTERPRISE

Finding the balance between valuable experiences and necessary requirements takes work. Our WorkLife programs can help your people manage these demands.

IPS Worldwide CEO and Managing Director Robin Smith aptly portrays a 'Day in the Life' for each of us...

"Balance between work and family poses an ever increasing challenge as we are faced with the barrage of modern communication: telephone, internet, email and mobile phones. The immediacy and volume of information from a wide range of sources can easily upset the balance and have an impact on all areas of our lives."

Q. How do we set the balance straight and ensure more productive outcomes?

A. With the IPS Worldwide tools, techniques and qualified individuals committed to making a difference in how we work and live.

PRACTICAL TIPS TO BALANCE LIVING

UNDERSTAND STRESS FACTORS

Did you know stress can be classified in three key areas?

Personal Stress: where individuals suffer both a lack of control and ability to function, most often triggered by change.

Organisational Stress: where an organisation risks the health and morale of individuals, undermining its financial or professional performance.

Societal Stress: where a decline in general behaviour takes its toll on education, employment, crime and disease. On the personal level, the biggest influences on stress are

financial, job and family demands -- and juggling them all.

✓ PLAN POSITIVE STRATEGIES

Examine your modus operandi. Create methods to effectively handle anger, think positively, face conflict and avoid situations that could compromise your best efforts.


✓ DEVELOP AND SHARE INTERESTS

"Quick fix" entertainment options have eclipsed our enjoyment of simple pleasures. Rediscover the joys of walking the dog, gardening, reading for relaxation, or non-competitive sports. Look into hobby clubs for special interests.






RKS...



TRAUMA STRATEGY: MAKING A DIFFERENCE



**Our Holistic approach to
managing trauma**

TRAUMA – A CONTINUUM OF CARE INITIATIVE

IPS Worldwide has designed a Continuum of Care model for Trauma Management integrating policies and procedures which detail how to deal with disasters and recover from them. For your organisation, this involves assistance with planning, training of key personnel, education of the workforce and appropriate, timely, on-site interventions.

IPS Worldwide uses only the most experienced clinically trained trauma management specialists to provide a wide range of services at the time of an incident. The types of interventions are determined by the magnitude of the event and the individual needs of those affected.



LET US HELP

We invite you to contact IPS Worldwide to discuss a review of your current practices and policies.

We will base our next steps on the specific needs of your organisation.

Tel: **+61 2 9221 1166** or
Email: **ips@eap.com.au**
Web: **www.eap.com.au**

✓ IMPROVE DIET AND EXERCISE

Healthy eating and a sensible regimen of physical activity and fresh air have almost immediate positive effects. Avoid the entrapments of caffeine, alcohol and nicotine; replace them with beneficial alternatives for your body, your lifestyle and your future.

✓ LEARN TO RELAX

Relaxation techniques, both physical and mental, are practical and easy to integrate into most daily routines. Massage, meditation, aromatherapy, herbal teas – even laughter can help free us from wound-up days to ensure restful nights.





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