

Respect

Achievement

Environmentally Responsible

Learning

Customer Focus

# CLEAR Value of the month

Stay Safe  
**GlasgowLife™**

## Finding the right Balance for you

During these trying times it's never been more important to try and find a positive work-life balance and to recognise your own achievements amidst the ongoing challenges.

Finding the right balance for you can be easier when you have someone to talk to, which is why professional, independent help and support is available to all Glasgow Life staff whenever you might need it through our Workplace Options Employee Assistance Programme. Some of life's challenges that they can help with include:

- Relationships
- Health and well-being
- Debt
- Disability and illness
- Bereavement and loss
- Stress
- Caring responsibilities
- Life events... and lots more



It's quick, easy and free to get in touch with Workplace Options, call 0800 247 1100 or email [assistance@workplaceoptions.com](mailto:assistance@workplaceoptions.com). You can also log-in to the website at [www.workplaceoptions.com](http://www.workplaceoptions.com) with the user name: **GCC** and the password: **Employee**



Peace of mind comes from an assurance of confidentiality. Workplace Options are an expert provider that is completely independent from Glasgow Life and Glasgow City Council.



**WORKPLACE OPTIONS**

