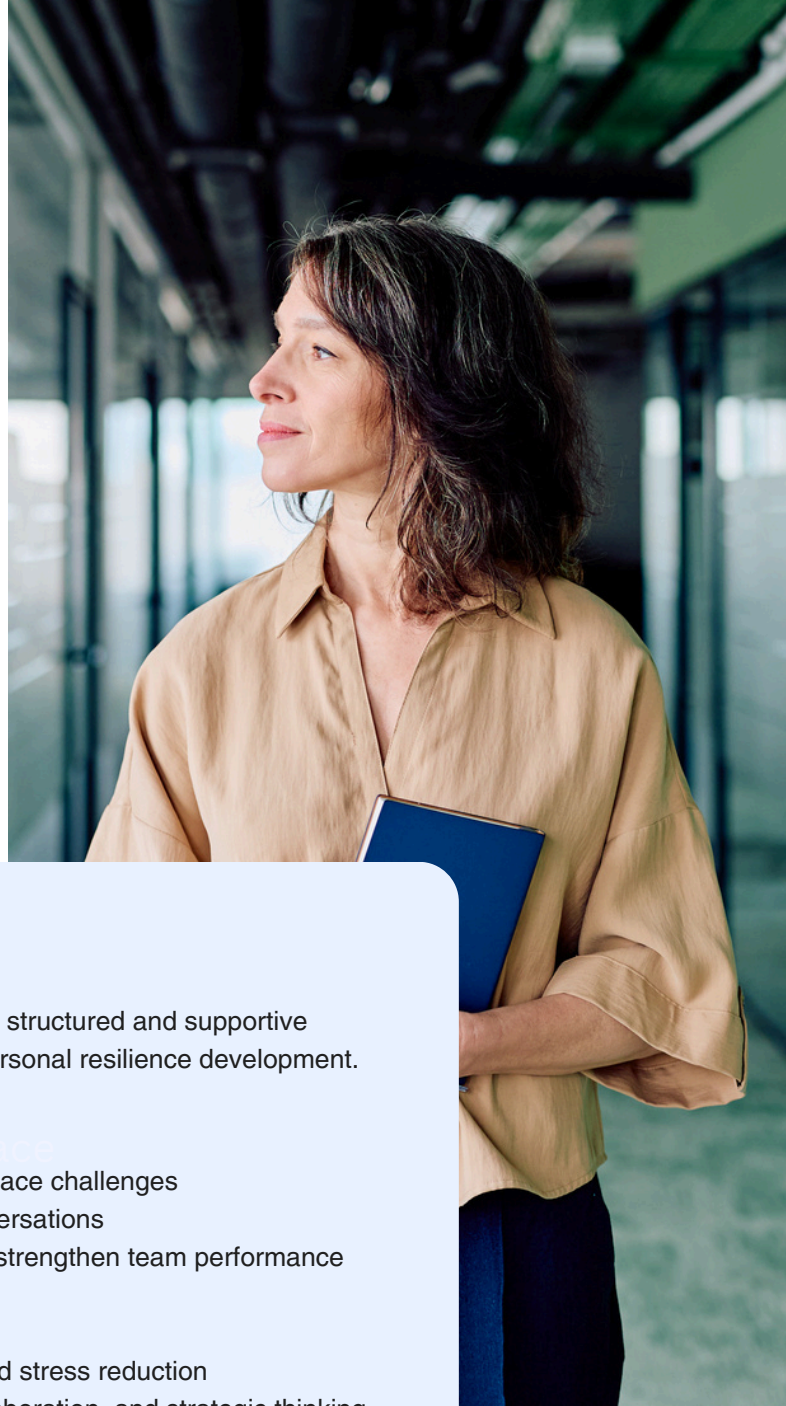


MembersHealth Confidential Leadership Support (CLS)

Private. Practical. Proven Support for Leaders.

At MembersHealth, we understand that leadership can be both rewarding and demanding. CLS offers leaders, HR professionals, and union representatives a confidential space to navigate challenges, build resilience, and lead with confidence. This is not therapy, it's real-time, solution-focused coaching that strengthens leadership and supports team wellbeing.



What to expect

MembersHealth Confidential Leadership Support (CLS) offers a structured and supportive framework that combines practical leadership strategies with personal resilience development.

Participants benefit from:

- Confidential one on one consultations tailored to real workplace challenges
- Guidance on managing conflict and navigating difficult conversations
- Strategies to inspire engagement, drive accountability, and strengthen team performance
- Support in balancing work demands with personal wellbeing
- Tools to communicate with clarity, confidence, and impact
- Practical approaches to time management, prioritization, and stress reduction
- Skill development in emotional intelligence, delegation, collaboration, and strategic thinking

Why MembersHealth CLS Works

By creating a safe, judgment free space for reflection and growth, the CLS program empowers leaders to build resilience, strengthen their leadership capabilities, and foster healthier, more productive workplaces. Because leadership does not have to feel isolating, CLS ensures every leader has a trusted partner in their journey toward confident, compassionate, and effective leadership.

Need Support? Book an Appointment today

Call 1-800-484-0152 and request CLS Support. An intake specialist will guide you through the intake process.

Or complete the online intake form:
<https://form.jotform.com/252945387580267>





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Why Reach out to CLS?

CLS combines confidential, judgment-free coaching with practical, evidence-based strategies that leaders can apply right away. Our approach is led by experienced clinicians and leadership specialists who understand the realities of organizational life.

Leaders strengthen:

- Conflict resolution and delegation
- Team motivation and collaboration
- Decision-making under pressure
- Emotional intelligence and empathy
- Strategic thinking and resilience

Common Leadership Challenges



- Managing interpersonal dynamics and resolving conflict
- Balancing organizational demands with personal and team wellbeing
- Communicating effectively amid ambiguity and change
- Sustaining high performance while preventing burnout
- Prioritizing strategically when faced with competing urgent demands.

Why MembersHealth CLS Works

- **Confidential:** A safe, stigma-free space to talk.
- **Fast Access:** Quick connection to expert support.
- **Trusted Experts:** Clinicians and leadership specialists.
- **Proven Impact:** Stronger teams, lower turnover, better wellbeing.

CLS builds confident, composed leaders who inspire healthier, more resilient workplaces.

How to Book an Appointment

Step 1:

Call 1-800-484-0152 and ask for CLS Support (Confidential Leadership Support Program). The intake specialist will walk you through the **Intake Form** or you can fill out the **Intake Form online:** <https://form.jotform.com/260906313404247>

Step 2:

A clinical management representative will reach out as soon as possible to schedule a consultation within 1 business day.