1to1help

25 Years Happiness. Works Best.

Wellbeing built for the way Consulting works

The People Challenges Shaping Consulting Workforces

- Client-driven workloads & tight deadlines
- Long hours & blurred work-life boundaries
- Constant availability & unpredictable schedules
- Burnout masked by high-performance culture
- Travel & extended time away from home
- Mental health stigma
- Limited crisis readiness
- Diverse needs across career stages & roles



The Ripple

30% of management consultants surveyed reported high levels of exhaustion.

Journal of Organizational Effectiveness: People and Performance, 2026

34% reported high levels of cynicism, one of the core dimensions of burnout.

Journal of Organizational Effectiveness: People and Performance, 2026

60+ hours/week was the workload level at which organisational support was particularly important in relation to burnout.

Journal of Organizational Effectiveness: People and Performance, 2026

WHAT WE OFFER

Comprehensive and Customised Solutions

Employee Assistance Programme

- 1:1 confidential counselling
- 24×7 helpline & crisis support
- Psychometric assessments
- Webinars & group sessions
- Self-care app
- Awareness campaigns
- POSH training
- Mio, AI Wellbeing Guide
- Aggregated wellbeing reporting & insights with The Hub
- Manager coaching & sensitisation
- Multilingual resources

Emotional Risk Survey

- 23-statement assessment
- 4 emotional risk domains
- Individual & organisational insights
- Cohort-level analysis
- Customisable reports
- Tailored action plan
- Reassessment to measure impact

Emotional Care Champions

- Champion onboarding & pre-assessment
- Counsellor-led mentorship
- Mental health & allyship training
- Active listening & empathy training
- Stress & anxiety awareness
- Criticality response
- Follow-up sessions
- Refresher training & peer-sharing circles
- Ongoing awareness & wellness resources

Cohort-Based Wellbeing Programmes

- Feet on Street
- Shiftwork Management
- 1to1maternity
- 1to1Shield
- 1to1Parenting
- 1to1Gen Z
- 1to1Women
- Leaders Programme



25 Years of Expertise



1.3M+ Sessions Delivered



22K+ Risk Cases Covered



11.16M+ Lives Covered

We Deliver Measurable Change

95% same-day session requests fulfilled

91% satisfied with counsellor care quality

97% employees found counselling helpful

97% employees progressed in ≤3 sessions

Let's build a wellbeing strategy for your workforce.

Visit 1to1help.com or scan the QR code to request a demo.