



Your Wellness is our Business

What is EAP?



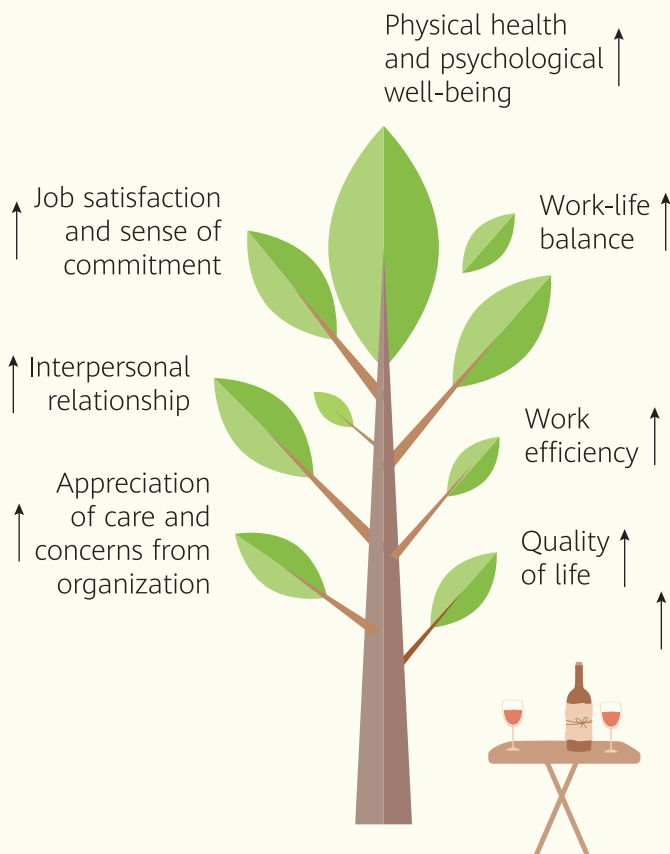
Employee Assistance Programme (EAP) is an employee benefit programme designed to assist employees to:

- Prevent, identify and resolve **personal, psychological, social, family or work-related** issues;
- Enhance employees' **physical health** and **psychological well-being**; and
- Maximize employees' **potentials** and **job performance**

Benefits of EAP

Global research shows that EAP Services have overwhelmingly positive impact on both individual and organizational levels.

Individual Level



Organizational Level



About FDC and EDS

Since 1991

Employee Development Service (EDS) of Hong Kong Christian Service (HKCS) is the first EAP provider in Hong Kong since 1991. Four Dimensions Consulting Limited (FDC) is a private limited company set up by HKCS in 2005.

Our Mission

We strive to promote employees' holistic well-being, unleashing their potentials and inspiring the building of positive organizations in a changing world.

Our Offer

We offer total solutions to assist employees with work / life issues, develop strengths / potentials, increase work engagement and positivity at work, which ultimately enhance organizational excellence and sustainability.

Why Choose FDC and EDS



Hong Kong's Pioneer EAP Provider

Over 30 years of expertise delivering diverse, world-class Employee Assistance Programme (EAP) services



Acclaimed Consultancy Team

Renowned for exceptional clinical expertise and professionalism



Proven Expertise

Outstanding track record in managing mental health challenges and critical incidents



Evidence-based Approach

Strong emphasis on fostering positive workplaces and organizations through research-driven services



Industry Leader

Trusted EAP provider for local and multinational companies across various industries



Globally Recognized Partner

A partner of choice by top-tier global EAP providers and the only Hong Kong EAP provider with international acclaim



Regional Coverage

Covering the PRC, Macau and several Southeast Asian countries



Our EAP Services

We provide comprehensive and professional EAP services to assist organizations to develop a positive, healthy, and productive workforce and to foster wellness amongst employees and at organizational level.



Core Services

- 24-hour Hotline Service
- Professional Personal Counselling and Consultation
- Work / Life Information and Resource Services
- Individual Work / Life Coaching
- Personal Assistance and Outplacement Services
- Management Consultation and Supporting Services
- Wellness Promotion Programmes



Value-added Services

- Monthly EAP Tips
- Quarterly Newsletters
- Self-Help Tips & Promotional Articles
- E-Resource Corner & Online Tests
- Free Webinars
- HR Sharing
- EAP Forum



Other Services

- Critical Incident Stress Management
- On-site Support Services
- Staff / Management Training and Development Programmes
- Positive Organization Consultancy Services
- Executive Coaching
- Open Courses



Please contact us if you are interested in our EAP Services.
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