



How Vitae
can improve
the life of your
business



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A healthier workforce means a healthier business

Your employees are the lifeblood of your business. By helping life work better for them, you're helping to ensure they work better for you.

That's where Vitae can help. As New Zealand's fastest-growing, nationwide provider of workplace wellness and assistance services, we aim to enhance the wellbeing of your staff, in order to enhance the productivity of your business.

A not-for-profit organisation, Vitae is the result of a merger between Workplace Support and Seed, two highly respected organisations that have helped New Zealand businesses and their employees for over 45 years. We work closely with a range of clients, from large, national organisations to small and medium sized businesses and schools; each with different problems and pressures. One thing they've all learnt is that whether behind a desk, a wheel or a workbench, employees who are healthy, resilient and balanced are far more productive than those who are not.

That's the philosophy behind our new name: Vitae (meaning life). We have seen many times over the positive effect that a healthy workplace has on business productivity, and can sincerely say that 'when life works better, business works better'.

Whatever your business, we're here to help

Every business is different, so we offer a range of tailored solutions and packages to suit the size, needs and nature of your organisation.

Tailored solutions for large organisations

Large organisations have unique and complex needs. Our experienced team can tailor a unique solution designed to improve productivity by improving the health of your workforce.

This includes proactive wellness services such as work/life coaching, resilience and stress management workshops, as well as our assistance services such as confidential counselling and advice for employees. And in the case of a crisis, we can react with 24-hour trauma support to help your staff cope with incidents and to help your business recover as quickly as possible.

Packages for small business, schools and not-for-profits

We know from experience that many small to medium companies, schools and not-for-profit organisations simply don't have the resources or expertise to support their staff as well as they'd like to. That's where we can step in. We offer a range of affordable, accessible packages to help manage the wellbeing of your workforce while you focus on running your business. Packages include a core offering of on-site or counselling services, plus optional extras to meet your specific needs.



*Vitae helps
the lives
of your employees
...and the lives
of your business*

Our people: a vital support network for your people

Our nationwide team of over 400 experienced counsellors, on-site support specialists, trauma specialists and career specialists are all highly qualified with many years of combined service.

Through counselling and regular support, our on-site team focuses on building relationships and personal contact to help employees deal with a wide range of issues, including workplace stress, personal problems, relationship problems, conflict, anger or violence, grief, anxiety and depression.

In times of transition, our career specialists step in, helping you and your people manage change such as redundancy, downsizing or mergers, so your business can remain as productive as possible throughout this time. And if a traumatic event or crisis should happen in your workplace, our internationally accredited trauma team is New Zealand's only nationwide team that's on call 24 hours a day, 7 days a week.

Above all, our aim at Vitae is to prevent personal issues becoming workplace issues in the first place. That's why a key part of our offering is providing workplace wellness services, including workshops on building resilience, managing trauma, coaching and mentoring and strengthening emotional wellbeing.

The Vitae Advantage

In the past 45 years, we've delivered improved productivity to over 2,500 New Zealand businesses and helped to enhance the lives of countless individuals.

Because much of what we do is about assisting people, we believe it's important to quantify the benefits we bring to your bottom line too. This is what we call The Vitae Advantage:

Visibility: we aim to maintain a regular presence in your workplace, so you and your employees always have someone to turn to.

Individual approach: only Vitae offers a wide range of tailored and packaged services to suit the needs and nature of different organisations.

Tangibility: we focus on making measurable improvements to your productivity as well as your people.

Accountability: we're results-driven. So much so that 88% of our clients tell us we deliver a better-than-expected outcome.


Expertise: our 400 support specialists are highly qualified, among the best in their respective fields.


In today's business environment, employees are under more pressure than ever as the lines between life and work are being increasingly blurred. That's why it's more vital than ever to look after your employees and avoid serious issues by improving their wellbeing and emotional health.


To find out more about how Vitae can help your people and your business work better, please call us day or night on [0508 664 981](tel:0508664981).


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