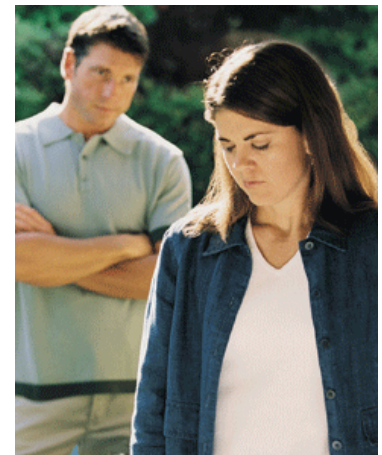


The Benefits of Employing Relationship Counselling

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SMC provides relationship services to couples and individuals of all ages and stages. The benefits of relationship services are far-reaching but can have a particularly positive impact on employment.

- Employers typically lose out when employees suffer relationship difficulties and/or breakdown.
- Relationship difficulties spill over into the workplace causing increased stress levels and raising the risk of heart attack and stroke.
- Work productivity decreases and time is lost due to absence and ill health directly associated with relationship problems.
- In one organisational study, 50% of clients said relationship difficulties were affecting their work.
- Relationship counselling reduces stress and enables most couples and individuals to move forward positively.



- People in healthy, stable relationships are less likely to suffer health problems and be absent from work, and are more likely to be better employees who are team players and work hard to deliver.
- Relationship counselling and education can be used to get people 'job ready' by providing access to the relationship skills required to sustain positive healthy relationships and therefore help them to obtain and retain employment.

- There is a significant link between economic deprivation and a lack of relationship skills such as communication, listening and conflict negotiation.
- Disadvantaged persons have an increased risk of relationship breakdown as difficult material circumstances have a negative effect on relationship quality by increasing tension, conflict and hostility.
- Families from lower income brackets are less likely to access relationship counselling, even though they are often most in need of these services, and are therefore increasingly vulnerable to losing employment through relationship difficulties and equally vulnerable to further poverty and financial exclusion as a result.

