



How Bravely supports employee well-being

As a coaching resource, Bravely can have a powerful effect on employee well-being. By providing emotional support, stress management strategies, and guidance for employees' lives at work, Bravely helps employees not only address workplace stress and burnout, but also find a way to move forward.

Bravely provides support and skill development to help your people thrive at work. Our coaches know that work is an emotional experience, and that work-related feelings affect all aspects of our lives. They're here to meet employees wherever they are mentally and emotionally when it comes to their lives at work.

Sounding board

Coaches offer a neutral sounding board and outlet for employees, actively and empathetically listening to their concerns and partnering with them to find a way forward. The opportunity to share openly is powerful.

Source of empowerment

Working with a Pro helps employees to more effectively express their emotions, empowering them to communicate their needs at work. Coaching also equips and encourages employees to take control of their own next steps.

Accountability partner

Having someone to help you stick to a plan for staying balanced and resilient is crucial. By making themselves available for regular communication, Bravely Pros are able to check in with employees at every step of their journey.

Stress management coach

Pros work collaboratively with employees to help them form clear, actionable plans to manage their stress. They guide them to an understanding of what they can and cannot control, and clear their path forward.

Calm center

Employees dealing with uncertainty, ambiguity, and change need a calm center. Pros are here to help them find that balance within themselves, allowing them to maintain hope. Employees then bring that calm back to their organization, modeling stress management for their peers and direct reports.



"This was one of the most difficult experiences I had to overcome in my professional life. I am so grateful I had [my Pro] by my side helping me navigate this situation with grace and confidence." – An employee working Bravely