

# Are you really taking care of yourself?

One conversation can **change** your mind

**A good conversation, at the right time, can make a real difference.**

Feeling off or stuck with something? Talk things through in a one-on-one video session with a coach or psychologist — easy to book, no waiting around.

Yet is for anyone who wants to make sense of what's going on. Whether it's something that's been building for a while, a recent shift, a work or relationship issue, or just a feeling you can't quite name — we're here to help you find your way forward.

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## How it works

**Sessions are free for employees:**  
just enter your organisation's payment code when booking.

1. Pick a time that suits you from our online calendar.
2. Answer two short questions to help us find the best match.
3. Choose your preferred professional, date and time.
4. Just fill in your first name, email address and phone number.
5. Enter your organisation's code at checkout.
6. You'll receive a confirmation email with the video call link.
7. The session is fully confidential and focused on what's going on for you right now.

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Yet is grounded in the evidence-based Single Session Method — a proven way to offer meaningful support in just one session. For more than 80% of employees, a single one-on-one online conversation is enough to gain clarity and move forward with confidence.

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