

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.

Warning sings

Your head

- Feeling mentally drained during work
- Struggling to concentrate
- Making mistakes due to lack of focus
- Getting stuck in worry or overthinking
- Feeling overwhelmed by noise or busy environments
- Feeling like your work doesn't really matter to others

Your body

- Feeling physically exhausted at work
- Unable to fully relax after work
- Trouble falling asleep or staying asleep
- Heart palpitations or chest pain
- Stomach or digestive issues
- Frequent headaches
- Muscle tension or pain (e.g. neck, shoulders, back)
- Getting sick more often

Your emotions

- Less interest or excitement about work
- Feeling a strong aversion to work
- Feeling like your emotions are hard to manage
- Reacting more emotionally than you'd like at work
- Feeling rushed or constantly tense
- Feeling anxious

Based on BAT: Manual & questionnaire | Burnout Assessment Tool

Enter this code when booking:

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.

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.

