

The Resilience Box[®] Booking System



If you are needing some additional support right now or are just wanting to book in for a wellbeing check-in, you are now able to book in for a session with the team from the Centre for Corporate Health via your organisation's Employee Assistance Program.

We are so excited to share this feature with you, allowing all Resilience Box users to easily book a session in with a senior psychologist from the Centre for Corporate Health.



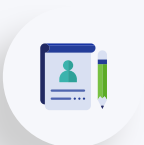
How do you book a session?

1. Login to <https://app.resiliencebox.com/> or go to the Resilience Box App on your mobile device
2. Navigate to the **Support** page
3. Select **Book an appointment**
4. Select the area and specific category for which you would like support in
5. Select **Continue booking**
6. Choose from all of the available times and click on a time that suits you best
7. All appointments will be run via Video call through the Resilience Box
8. Confirm your booking!
9. You will receive a confirmation email with the date, time and psychologist's name



How do you access the session?

1. Login to <https://app.resiliencebox.com/> or go to the Resilience Box App on your mobile device – NOTE: we recommend using a computer or laptop for the video session.
2. Navigate to the **Support** page
3. Select My bookings
4. You will see all of your upcoming bookings that you have booked
5. You will be able to join the session up to 10 minutes before the start time
6. Click the "Join Video" button
7. Connect your microphone and video
8. Wait for your psychologist to join the call



How do you register?

1. Scan the QR code or go to: <https://app.resiliencebox.com/>
2. Select "Register" then, "Register through your employer" using your work email
3. Complete the registration process



Note: the App and desktop platform are linked with the same details - so you don't need to register for both. Just login with the same details!

Please note our Privacy Policy, Terms of Use and Privacy Collection Notice documents will be sent to you following registration. Registration details are only taken for Centre for Corporate Health's record keeping purposes and user licensing purposes. No identifiable personal details are provided back to your organisation, in accordance with the Privacy Policy and signed contractual Terms of Use.