



# Real connection, right when you need it!



## YOUR SAFE SPACE TO TALK – ANYWHERE, ANYTIME

Life can be overwhelming, but you don't have to face it alone. Our confidential service gives you and your immediate dependents access to qualified, professional counsellors 24/7, in all 11 official South African languages. Whether you prefer telephonic or virtual sessions, we're here to listen, guide, and help you find clarity. You'll walk away with:

- A safe, non-judgmental space to share what's on your mind
- Tools and coping strategies to navigate life's challenges
- Support tailored to your unique situation and needs.



## COACHING FOR A BETTER YOU

Whether you're looking to grow in your career, become a more confident parent, or lead with impact, AskNelson offers professional coaching to help you thrive. Our coaching covers:

- **Life Coaching** – build resilience, improve balance and reach personal goals
- **Parent Coaching** – navigate parenting challenges and strengthen family connections
- **Leadership Coaching** – Develop skills to inspire, influence, and lead effectively
- **Career Guidance** – Discover your strengths, plan your career path, and prepare for the next step.

Coaching can help you unlock your potential, make meaningful changes, and become the best version of yourself – a better human being in every sphere of life.



## FAMILY LAW MEDIATION – FIND PEACE AND PRACTICAL SOLUTIONS

Navigating divorce, post-divorce parenting or maintenance issues? AskNelson connects you with trusted and experienced family law mediators who can help resolve conflict – saving time, stress and money. Your first 30-minutes of the first mediation session is free, giving you a stress-free opportunity to explore mediation and its benefits.



## TAKE CONTROL OF YOUR MONEY

Money matters can be stressful – but with AskNelson, you don't have to figure it out alone. Our confidential financial coaching gives you expert guidance on:

- Managing your day-to-day expenses
- Making smart, informed investment decisions
- Planning for your long-term financial goals and future security.

Our professional financial coaches are here to help you feel confident about your financial choices, reduce money-related stress and create a plan that works for your life.



## LEGAL SUPPORT WHEN YOU NEED IT MOST

With AskNelson, you have professional legal guidance at your fingertips – helping you understand your rights and options before you make big decisions. Our legal benefit covers four key pillars:

1. **Legal Advice** – get clear answers to your legal questions
2. **Legal Drafting** – assistance with letters, agreements and other legal documents
3. **Referral to a Panel of Attorneys** – access trusted professionals when specialized help is needed. The first 30-minutes of this referral is free-of-charge.
4. **After-Hour Bail Support** – help in urgent situations, anytime.



## SUPPORT THROUGH LIFE'S UNEXPECTED EVENTS

If you've been in a vehicle accident or suffered a work-related injury, navigating the next steps can feel overwhelming. With AskNelson, we connect you with trusted providers who can guide and support you through the entire process – from understanding your rights to managing claims and getting the assistance you're entitled to. You don't have to face it alone – we're here to help you take the next step.

**Life can be overwhelming, but you don't have to face it alone. Contact us today!**

☎ 0800 635 766 or \*134\* 928#  
Send a 'please call me' to 072 620 5699

📞 WhatsApp Bot +27 66 433 6768 (no calls)

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