

Restricted



FEDERAL ROAD SAFETY CORPS

NATIONAL HEADQUARTERS, ZONE 3, WUSE DISTRICT, ABUJA

ADMIN AND HUMAN RESOURCES DEPARTMENT

FRSC/HQ/AHR/989/VOL.I/015

20 Aug, 2020

See Distribution

INTRODUCING THE COUNSELLING UNIT IN FRSC

The Management of Federal Road Safety Corps, in its effort to create a well motivated and healthy workforce has established a Counseling Unit for the Corps. The current situations of the lockdown and other societal stress factors have triggered a lot of emotional distress in staff affecting relationship both at work and family.

2. Management created/established the Counselling Unit to interact/interface with staff on a different level to reduce their stress factor and give staff the room to air some of their distress to improve on their welfare and enhance their productivity.

3. Consequently, Counseling offers practical advice for overcoming these kinds of issues as well as allowing space to vent frustrations and bad feelings. However, the way counseling achieves this depends on the person, but the fact is counselling offers a safe and confidential environment to speak and is crucial for self fulfillment.

4. Counselling helps to get people to understand themselves better and relieve stress.

5. The Counselling Unit in AHR has been equipped to create a comfortable ambiance with qualified officers to render service. We therefore encourage all staff who feel the need for counselling to visit the Counselling Office in Room 313, 3rd floor, RSHQ.

6. So, feel free, come to the Counseling Unit and let's talk it over for a problem shared is half solved, confidentiality is our watch word and guaranteed.

DCM Ojeme I Ewruhjakpor, *fdc, NPOM*

Deputy Corps Marshal (Admin & Human Resources)

For: Corps Marshal

Restricted

Restricted

See Distribution:

External Action:

Zonal Commands
Sector Commands
Unit Commands
FRSC Academy
FRSC Staff College
FRSC Training School

Internal Action:

Departments
Corps Offices
Special Units

Internal Info:

Corps Marshal
PSO-CM
PAU
PIO
File

2. Management created/established the Counselling Unit to interact/interfere with staff on a different level to reduce their stress, fatigue and give staff the room to air some of their stress to improve their welfare and enhance their productivity.

3. Consequently, Counselling offers practical advice for overcoming these kinds of issues as well as allowing people to vent frustrations and bad feelings. However the way counselling achieves this depends on the person, but the counselling offers a safe and confidential environment to speak and is essential for self fulfillment.

4. Counselling helps to get people to understand themselves better and reflect on their lives.

5. The Counselling Unit in A-HQ has been equipped to create a comfortable ambience with qualified officers to render service. We therefore encourage all staff who feel the need for counselling to visit the Counselling Office, Room 215, 3rd Floor, RSHQ.

6. So, feel free to come to the Counselling Unit and let us know over 100 problems shared is half solved, confidentiality is our main motto.


Ojeme I. Ekechukwu, Inc. NAOA
Deputy Corps Marshal (Admin & Human Resources)
For Corps Marshal

Restricted