

# External confidential counselors

We believe it's important that you always feel free to talk about situations that don't feel right, such as unwanted behavior or other challenging issues. As external confidential counselors, we work independently and are here to support you.



**Manon Selier**

*"I speak from experience when I say how difficult it can be to address sensitive topics. But I encourage you not to hesitate; sometimes one conversation is enough to gain clarity and find support. You can always call, email, or message us."*



**Meike van Duppen**

*"Together with Manon, I ensure that you are always helped. Something may seem small at first, but when in doubt, share your story with us. Your story is safe, and together we can create a better workplace environment."*



## You might wonder...

- Who can I share this with?
- Is this unwanted behavior?
- Is this 'serious' enough?
- What should I do with what I'm witnessing?



## Have a confidential conversation

- Always request a conversation when in doubt
- Trust in anonymity and discretion
- You decide the location—this can also be online
- External = independent; we are here for you



## You remain in control

- You decide what to share or not to share
- We discuss scenarios and consequences
- You make decisions about potential next steps
- We provide support in making choices



## We're here for you 24 / 7

- Also available outside office hours
- Video calls, phone calls, or face-to-face
- Call or message us at +31 (0)85 212 79 69
- Email: [contact@seliervanduppen.nl](mailto:contact@seliervanduppen.nl)