

EIC CONTRACTOR MOT

Check-ins for your mind, body & business

The EIC Contractor MOT is here to help you stay on the road

**NO membership,
charges or judgement.
Just SUPPORT & ADVICE
to keep you going.**

Balancing work, life, family, business, and everything in between can be challenging, and the pressure often mounts until something eventually brings us to a halt.

Free & confidential support for life on and off the tools



electricalcharity.org/contractormot



Stress, burnout, isolation, and the mental load that comes with running your own business or working job to job.



The physical impact of the work. Strain, injuries, fatigue, and how to protect yourself long term so you can stay fit for the job and live the life you want.



Money worries, tax changes, debt, legal or motoring issues, and the practical side of keeping your work running smoothly.