

EMPLOYEE ASSISTANCE PROGRAM

Your resource for help with daily challenges and difficult situations.

LIFESTYLE COACHING

Change is necessary in order to improve and grow. Sometimes, a little help can go a long way toward achieving your goals. Lifestyle coaches provide confidential, unbiased support to help you shape your purpose and stay on track.

You will meet with the same coach, at regular intervals, by phone or video conference until your needs have been met. Your coach will assist you with problem-solving, revising your action plan as appropriate, follow-up, and accountability. Coaches can also provide helpful resources and education to help you stay on track and achieve your goals. If you feel the need for further assistance, your coach will help arrange for counseling.

EAP offers guidance and assistance for everyday situations, from suggestions on how to balance the pressure of work with the rush of home life to enhancing time management skills. Professional coaches are available through EAP to you and your eligible dependents for telephone consultations on topics such as:

- Stress reduction.
- Work-life balance.
- Time management.
- And more!

Lifestyle coaching can enhance people's professional and personal lives. Talking with a coach can result in:

- Less stress.
- Increased self-confidence.
- Clarity of goals.
- Improved productivity.
- Better life balance.
- Different perspectives and opportunities for change and growth.
- Motivation and hope.

