Coaching is available in the following areas:

- **Certified Wellness Coaching** - lose weight, get fit, reduce stress, quit tobacco, and get nutrition help.
- **Certified Financial Coaching** - get help for budgeting, credit, debt, money management and more.
- **Balancing Life at Work and Home** - make the most of family life while learning to succeed at work.
- **Resilience** - recognize your personal strengths and improve resilience to face life challenges.
- **Effective Communication** - improve your interpersonal communication skills to be more effective.
- **Home Purchasing** - get help with the home buying process, credit and financing basics.
- **Student Debt** - learn about Federal Student Loan types, repayment plans, consolidation and more.
- **Relaxation Coaching for Beginners** - get support and referrals for relaxation, meditation, or yoga training programs.
- **Workplace Conflict** - improve interpersonal skills and learn methods for resolving conflict.
- **Retirement Coaching** - get help to address the practical and emotional aspects around retirement.
- **Succeeding as a Supervisor** - learn key management concepts and ways to develop and empower employees.

Plus, get online tools to support your goals:

- Access thousands of online videos, articles, calculators, self-assessments and other tools.
- Comprehensive personal and professional online trainings available in a variety of easy-to-use formats.
- Wellness tools and tips on diet, nutrition, fitness and smoking available in the Online Wellness Center.

To access a Coach, simply call 800.252.4555 and ask to speak to a Coach.

To access online support resources, simply login at www.theEAP.com.