## Your EAP Benefits: One-on-One Personal & Professional Coaching

Your EAP offers exciting Peak Performance Coaching Benefits to help you grow and succeed both personally and professionally. Connect by phone for one-on-one coaching with ESI Masters and PhD level coaches. Best of all, these benefits are free for you and eligible family members!

## 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.



TotalCare EAP
Public Safety EAP
Educators' EAP
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HealthCare EAP



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