

Coaching Flyer

Your EAP Benefits:

One-on-One Personal & Professional Coaching

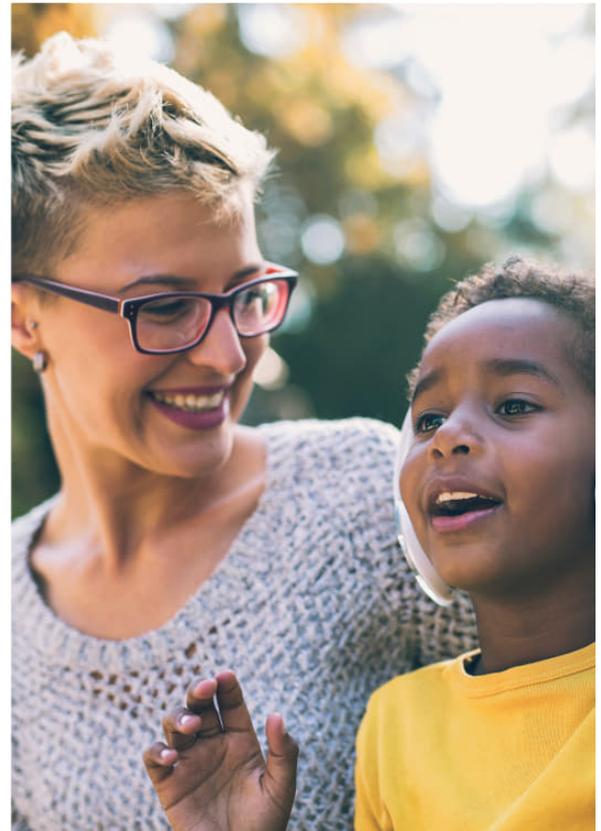
Your EAP offers exciting Peak Performance Coaching Benefits to help you grow and succeed both personally and professionally. Connect by phone for one-on-one coaching with ESI Masters and PhD level coaches. Best of all, these benefits are free for you and eligible family members!

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
Higher Ed EAP
HealthCare EAP
Union AP

800.252.4555

www.theEAP.com

© ESI Employee Assistance Group



Revision #2

Created 13 September 2023 17:31:41 by Nicole Blum

Updated 13 September 2023 17:32:28 by Nicole Blum