



EMPLOYEE ASSISTANCE PROGRAM (EAP)

Life Coaching

The path to personal and professional success is not always clear. This is where a Life Coach can help. With regular telephone sessions, you and your coach collaborate in a thought-provoking, creative process to navigate life transitions and maximize your personal and professional potential.

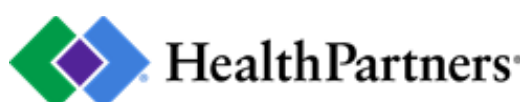
Features include:

- An initial 45- to 60- minute session with your coach to establish vision, goals and the creation of an action plan
- Up to five 30-minute follow-up coaching sessions to make sure you are on track to achieve your goals
- Follow-up calls scheduled at a time that is convenient for you and set at the end of each appointment
- Ongoing supportive email communication for sharing of resources and progress check-ins

Interested in enrolling?

Call **866-326-7194**

Your privacy is important. Everything you do with HealthPartners EAP is confidential. Nothing is shared with your employer or health plan. Information will only be released with your permission or when required by law.



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