

LIFE COACHING

A New Service For Safety Forces

Ease@Work offers a variety of healthful resources to support your overall wellness.

Life Coaching is a unique process that Ease@Work offers to help individuals develop and experience outcomes that will bring them success and fulfillment, and maximize potential, as a PROACTIVE measure, rather than waiting for problems to arise in life. Life coaching is ideal for first responders because it's convenient and effective - you can schedule 30-60 minute phone calls with coaches that have years of experience working with safety forces / first responders.