

Life Coaching Can Help You Reach Personal Goals

Work with a certified life coach through your Assistance Program to receive guidance and insight to reach personal goals and unlock your full potential.

Reach out to your Assistance Program for **one-on-one coaching sessions** to address personal priorities:

- Achieve personal and professional goals
- Manage life transitions
- Improve stress and time management
- Overcome obstacles
- Strengthen relationships
- Improve communication
- Manage multiple projects and demands

Your Assistance Program provides free counseling and life coaching sessions.
If you are unsure which type of session is right for you, reach out and we will guide you in the right direction.
Coaching sessions are free to use, confidential, and open to family members.

Contact AllOne Health
Call: 800-521-3273
Visit: easeatwork.com

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