

*Employee Assistance Program*

## LIFE COACHING

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### 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

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.

TOLL-FREE: 866-327-2400

WEBSITE: [www.deeroakseap.com](http://www.deeroakseap.com)

EMAIL: [eap@deeroaks.com](mailto:eap@deeroaks.com)



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