

Employee Assistance Program

LIFE COACHING

SUC  ESS



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

EMAIL: eap@deeroaks.com



DEER OAKS EAP SERVICES