

Life Coaching

Sometimes our wellbeing and mental health can be affected by feeling 'stuck' in our professional and/or personal lives. In these cases, your counsellor may suggest a life coaching approach from your Employee Assistance Programme as the best solution.

Life coaching is an approach to life's challenges where you are guided through a thought-provoking, creative process of reflection and goal setting.

The aim is to maximise your potential and help you navigate life's transitions thoughtfully, resulting in better wellbeing and decision-making in the longer-term.



Features:

- Accessed through telephone conversations with your Life Coach, arranged at your convenience.
- You will establish your vision, set your goals and create an action plan in your very first meeting.
- Engage in up to five follow-up meetings to help recalibrate, refresh your thinking and make progress with your goals.
- Your progress towards any goal — whether it is in your career, your parenting, relationship, or time-management — can be enhanced by working with your Life Coach.

To access this support,
please call the EAP phone line on **08000 856 148**