

# Your EAP Benefits: One-on-One Personal & Professional Coaching

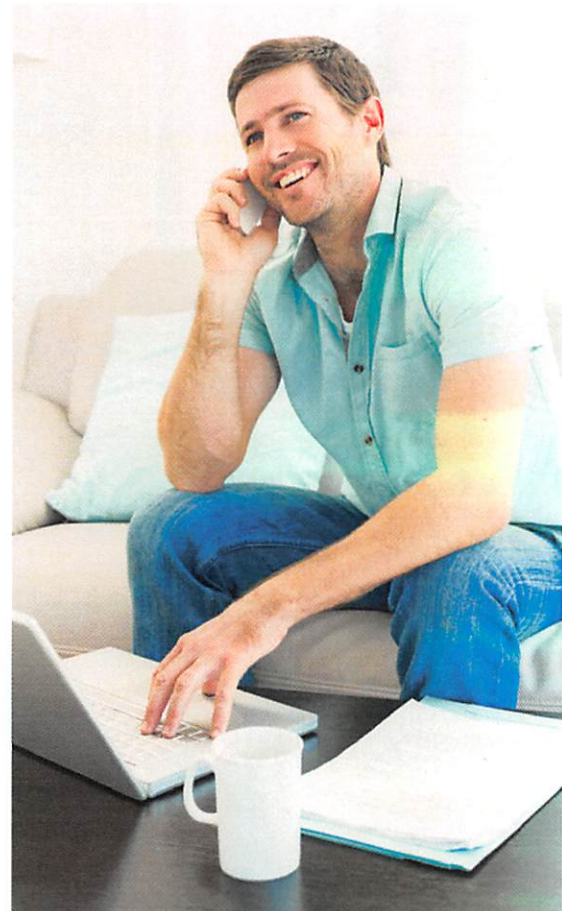
Your EAP offers exciting new personal and professional coaching benefits designed to help you grow and succeed both personally and professionally. These benefits are free for you and your eligible family members. Peak Performance Coaching Benefits are one-on-one coaching programs conducted by ESI Masters and PhD level coaches. In addition to having telephonic coaching and support, you can access online self-help resources and trainings.

## Coaching is available in the following areas:

- ✓ **Certified Financial Coaching** - help for budgeting, credit, debt, money management and more.
- ✓ **Balancing Life at Work and Home** - make the most of family life while learning to succeed at work.
- ✓ **Resilience** - recognize your personal strengths and improve resilience to face life challenges.
- ✓ **Effective Communication** - improve your interpersonal communication skills to be more effective.
- ✓ **Home Purchasing** - help with the home buying process, credit and financing basics.
- ✓ **Student Debt** - learn about Federal Student Loan types, repayment plans, consolidation and more.
- ✓ **Yoga & Relaxation for Beginners** - get support and referrals to yoga, relaxation or meditation training programs.
- ✓ **Workplace Conflict** - improve interpersonal skills and learn methods for resolving conflict.
- ✓ **Retirement Coaching** - get help to address the practical and emotional aspects around retirement.
- ✓ **Succeeding as a Supervisor** - learn key management concepts and ways to develop and empower employees.

## In addition to Coaching, we have other resources designed to support your personal and professional growth:

- Access thousands of online videos, articles, calculators, self-assessments and other tools.
- Take online personal and professional development trainings in more than 300 topics.



**To access a Coach**, simply call 800.252.4555 and ask to speak to a Coach.

**To access online support resources**, simply login at [www.theEAP.com](http://www.theEAP.com).



TotalCare EAP  
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