



Grow your strengths. *Improve your life.*

Through the Lucet Employee Assistance Program (EAP), you have access to coaching services in-person and over the phone. Coaching is designed to promote self-awareness, clarify visions, values, intentions and goals. It can also enhance your skills in areas such as communication, organization and parenting.

You may be thinking, when do I need a coach and when should I opt for counseling?

Counseling focuses on unresolved problems from the past and reducing the difficulties that result from those (depression, anxiety, trauma, etc.).



Coaching focuses on the future and works to build on strengths that you already have in order to set and achieve your goals. Some common themes in coaching include:

- Balancing work and family life
- Managing stress
- Setting and organizing priorities
- Communicating effectively
- Motivating employees
- Time management
- Dealing with organizational changes
- Personal challenges



Scan to learn more at
eap.lucethealth.com

◆ Your well-being is our priority.

Lucet EAP provides confidential support, counseling services and resources to help you overcome life challenges and live a happy, balanced life.

Call 800-624-5544 | Visit eap.lucethealth.com

Your company code:

counseling/coaching sessions, per topic, per year.