

Get a free personal coach through your EAP.

## Grow your strengths. Improve your life.

We all face stressors. Sometimes it's work, family or just life in general. That stress can get in the way of how you perform your job or how you get along with people – even your support system. This is where coaching services can help.

### EAP Coaching Services

Through the New Directions 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

**Call 800-624-5544 to get connected to a professional coach and start working on achieving your goals.**

### For more resources

Call the Support Line and request coaching

or

1. Visit [eap.ndbh.com](http://eap.ndbh.com)
2. Log in with your company code.
3. Browse the webinar center or Health Resource Library.

Start today – it's free!

[eap.ndbh.com](http://eap.ndbh.com)  
800-624-5544