Employee Assistance Program

LIFE COACHING

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
- Life coaching sessions do not count against your individual face-to-face counseling sessions

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.txhhsseap.com
EMAIL: eap@deeroaks.com

DEER OAKS EAP SERVICES
Making a Difference in Your Life
Makes a Difference To Us