



## Coaching

An opportunity for personal growth and change


### Opportunity for Growth

Through a collaborative process of discovery, goal setting and strategic action, you and your coach will create a plan for growth and change. You'll set priorities, clarify values, talk through challenges, and establish your own vision for wellbeing.

### Why Coaching

- ✓ **Experienced, certified coaches**  
NBHWC certified, URAC accredited
- ✓ **Four 30-minute telephonic sessions**
- ✓ **Positive, nonjudgmental support**
- ✓ **Enhance mood**
- ✓ **Lower stress**
- ✓ **Confidential**
- ✓ **Proven results**
- ✓ **Convenient on-line scheduling**

### Getting started is simple



Visit **employees.concernhealth.com** and log in with your company code for easy access to coaching and other Concern services.

For questions or immediate support call **800-344-4222**.

### Give it a try.

#### Topics include...

- Stress
- Burnout
- Sleep
- Work-Life Balance
- Healthy Eating
- Mental Fitness
- Weight Management
- Exercise
- Compassion Fatigue
- Chronic Pain
- And more!

### Coaching vs. Counseling.

Coaches guide by asking questions and structuring a process for individuals to achieve their physical and emotional wellbeing goals. Counselors focus on mental health and emotional healing for issues like anxiety and depression, which impair the ability to function well.