

EAP Benefit

One-on-One Personal & Professional Coaching

Your EAP offers exciting Peak Performance Coaching Benefits to help you grow and succeed both personally and professionally. Connect by phone for one-on-one coaching with ESI Masters and PhD level coaches. Appointments are available during standard business hours (8am-8pm EST). Best of all, these benefits are free for you and eligible family members!



Coaching is available in the following areas:

✓ Wellness Coaching

Lose weight, get fit, reduce stress, quit nicotine, and get nutrition help.

✓ Certified Financial Coaching

Get education for budgeting, credit, debt, saving, spending, 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

Get help with the home buying process, credit and financing basics.

✓ Student Debt

Learn about Federal Student Loan types, repayment plans, consolidation and more.

✓ Relaxation Coaching for Beginners

Get support and referrals for relaxation, meditation, or yoga 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.



To access a Coach, **call 800.252.4555** during standard business hours (8am-8pm EST) and request to speak with a Coach.



To access online support resources, simply login at **www.theEAP.com**.

Plus, get online tools to support your goals:

- Access thousands of online videos, articles, calculators, self-assessments and other tools.
- Comprehensive personal and professional online trainings available in a variety of easy-to-use formats.
- Wellness tools and tips on diet, nutrition, fitness and nicotine cessation available in the Online Wellness Center.



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