



## PERSONAL COACHING

**Unlock your potential**  
And say **YES** to success

### Getting started is easy.

Call **800-344-4222**. Or visit [employees.concernhealth.com](https://employees.concernhealth.com) and log in with your company code. Then click on "Get Services" to begin.

**Do you want to learn new skills?**  
**Build healthier habits?**

**WE'VE GOT A COACH FOR YOU!**

Topics include:

#### **Physical Wellbeing**

Improved sleep, healthy eating, weight management, exercise consistency, health condition/chronic pain, and more ...

#### **Professional Development**

Emotional intelligence, conflict resolution, delegation, time management, mental fitness, communication, and more ...

#### **Emotional Wellbeing**

Stress reduction, anxiety, burnout, overwhelm, work-life balance, negative thought patterns, relationships, social connections, and more ...

**Why not give it a try?**

### Achieve Your Goals

#### **Someone You Can Count On**

Your skilled, board-certified coach will guide you from the start, with a personalized plan to help you achieve your goals.

#### **Tailored, Actionable Strategies**

Improve wellbeing, foster clarity, focus, and motivation.

#### **Increased Confidence**

Coaching boosts self-confidence, improves skills, and fosters a positive mindset.

#### **Your Coaching Benefit**

Added Benefit to Counseling  
For adults (age 18 and older)

- Four 30-minute telephone sessions per year
- Convenient on-line scheduling
- Quick access
- Minimal wait time

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