



NEW BENEFIT at no additional cost starting January 1, 2025!



PERSONAL COACHING

Unlock your potential

Getting started is easy.

Call **800-344-4222**. Or visit employees.concernhealth.com and log in with your company code. Then click on "Get Services" to begin.

Learn new skills. Build healthier habits. Achieve your goals.

Skilled, board-certified coaches

Your personal coach will empower you with strategies that foster clarity, focus, and motivation.

Someone you can count on

Your coach will be there to get you started, and together, through a collaborative process of discovery, you will create a plan customized to your needs and interests.

Increased confidence

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

Long-term growth & development

Coaching improves well-being, promotes personal growth, and enhances performance.

Topics

Coaching is ideal for ...

- Stress
- Burnout
- Compassion fatigue
- Anxiety
- Mental fitness
- Overwhelm, too much to do
- Sleep
- Weight management
- Healthy eating
- Exercise

Coaching Benefit

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

Why not give it a try!

Call **800.344.4222** or visit employees.concernhealth.com