



## Coaching for healthcare employees

Small changes can make a big difference

### 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**.

### It's Your Turn!

Caring for others starts with caring for yourself. Through a collaborative process of discovery, goal setting, and action, your coach will help you improve your overall wellbeing, or simply be there to offer support when you're feeling stressed. **You get up to four 30-minute sessions by phone with a certified coach.** You'll set priorities, clarify values, talk through challenges, and create your own vision for wellbeing. And there is no cost to you.

### Give it a try.

#### Topics include...

- Stress
- Burnout
- Sleep
- Work-Life Balance
- Healthy Eating
- Weight Management
- Exercise
- Compassion fatigue
- And more!

### Coaching vs. Counseling.

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

### Why Coaching

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

