



# Let's Work Together to Reach Your Goals

**Life Coaching can help you** define your goals and plan a strategy for achieving them.

Reach out to your Assistance Program for **one-on-one coaching sessions** to address personal priorities:

- Achieve personal and professional goals
- Manage life transitions
- Improve stress and time management
- Overcome obstacles
- Strengthen relationships
- Improve communication
- Manage multiple projects and demands

*Coaching sessions are free to use, confidential, and open to family members. Up to three (3) sessions per year.*

Contact AllOne Health  
Call: 800-638-3327  
Visit: [fei.mylifeexpert.com](https://fei.mylifeexpert.com)  
Code: hhsEAP

