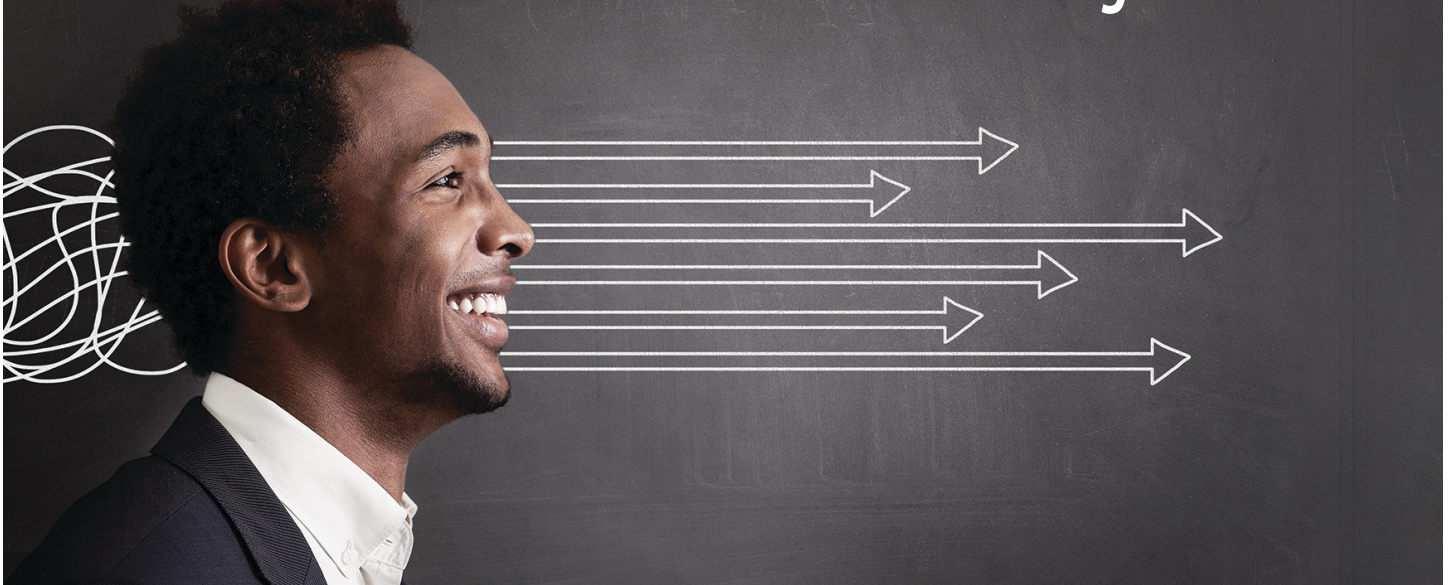


Personal Life Coaching

for Times When You Need Assistance Achieving Your Goals



Are you contemplating making changes to improve the quality of your life but feeling overwhelmed with getting started or maintaining momentum?

Life coaching can assist you in figuring out your strengths, your personality, your values, and in developing a personal vision. With the encouragement of a life coach, you will identify goals, generate a plan, and confront obstacles that are holding you back from making the changes you desire. You will create strategies to stay motivated throughout the process. Successful coaching will assist you with internalizing the lessons learned so you can use them with future goals.

Life coaching can help you with specific projects and personal goals such as:

- *Integrating Your Work and Personal Life*
- *Self-Care - Getting Your Own Needs Met*
- *Living Your Purpose*
- *Prioritizing Relaxation and Fun*
- *Nurturing Positive Connections*
- *Transitioning through Major Life Events (i.e. Moving, Parenting)*
- *Managing Anger, Upsets, Frustration, and Stress*

The life coaching benefit is provided by certified life coaches. Your benefit includes six free telephonic coaching sessions. To learn more about the benefits of personal life coaching, contact Carebridge at **800.437.0911** or **clientservice@carebridge.com**, 24 hours a day, 7 days a week. Visit **myliferesource.com** for additional information. All services are confidential.



Excellence in Employee Support Services

