

## Grow your strengths. *Improve your life.*

Through the Lucet Employee Assistance Program (EAP), you have access to coaching services in-person and over the phone. Coaching is designed to promote self-awareness, clarify visions, values, intentions and goals. It can also enhance your skills in areas such as communication, organization and parenting.

You may be thinking, when do I need coaching sessions and when should I opt for counseling sessions?

**Counseling** focuses on unresolved problems from the past and reducing the difficulties that result from those (depression, anxiety, trauma, etc.).



**Coaching** focuses on the future and works to build on strengths that you already have in order to set and achieve your goals. Some common themes in coaching include:

- Balancing work and family life
- Managing stress
- Setting and organizing priorities
- Communicating effectively
- Motivating employees
- Time management
- Dealing with organizational changes
- Personal challenges



Scan to learn more at  
[eap.lucethealth.com](https://eap.lucethealth.com)

◆ Your well-being is our priority.

Lucet EAP provides confidential support, counseling services and resources to help you overcome life challenges and live a happy, balanced life.

Call 877-300-9103 | Visit [eap.lucethealth.com](https://eap.lucethealth.com)

Your company code: **arbenefits**

3 counseling/coaching sessions, per topic, per year.