



## PERSONAL COACHING

**Unlock your potential**  
And say **YES** to success

### Getting started is easy.

Call **800-344-4222**. Or visit [employees.concernhealth.com](https://employees.concernhealth.com) and log in with your company code. Then click on "Get Services" to begin.

**Do you want to learn new skills?**  
**Build healthier habits?**

## WE'VE GOT A COACH FOR YOU!

Topics include:

### Physical Wellbeing

Improved sleep, healthy eating, weight management, exercise consistency, health condition/chronic pain, and more ...

### Professional Development

Emotional intelligence, conflict resolution, delegation, time management, mental fitness, communication, and more ...

### Emotional Wellbeing

Stress reduction, anxiety, burnout, overwhelm, work-life balance, negative thought patterns, relationships, social connections, and more ...

**Why not give it a try**

### Achieve Your Goals

#### Someone You Can Count On

Your skilled, board-certified coach will guide you from the start, with a personalized plan to help you achieve your goals.

#### Tailored, Actionable Strategies

Improve wellbeing, foster clarity, focus, and motivation.

#### Increased Confidence

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

#### Your Coaching Benefit

##### Added Benefit to Counseling

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

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