



# Wellbeing coaching

Our certified coaches use evidence- and strength-based practices to help you define your goals, stay accountable and achieve your desired outcomes.

## How does wellbeing coaching work?

Wellbeing coaching is short term and focuses on specific challenges in your life. Coaches engage you by listening and using motivational interviewing to help you identify your strengths, clarify your goals and identify roadblocks.

You are encouraged to take an active role in managing your wellbeing through habit development, behavioral changes and accountability. Coaches help you develop an action plan to achieve your goals and sustain the changes moving forward.

## Is wellbeing coaching the right fit for me?

- Do you want to make a positive change in your life?
- Have you struggled reaching your goals?
- Are you willing to put in the work to achieve your desired outcomes?

If the answer is yes to all three questions, wellbeing coaching might a good fit for you.

## What can wellbeing coaching help me with?

- *Emotional:* Stress, burnout, grief, resiliency
- *Career:* Personal development, maintaining balance, time management, leadership
- *Social:* Relationships, parenting, family
- *Financial:* Budgeting, debt management, retirement
- *Physical:* Healthy eating, weight management, physical activity
- *Community:* Social life, connectedness, communication skills

## Get started today

You can schedule up to six (6) sessions per calendar year, with the same coach whenever possible. Coaching is confidential and available to you and your household members at no cost.



Scan the QR code to visit your Employee Assistance Program member website, [Member.MagellanHealthcare.com](https://Member.MagellanHealthcare.com), or call 1-877-704-5696 (TTY 711) to get started.