



# Coaching for personal growth

Change is necessary in order to improve and grow. Sometimes, a little help can go a long way in achieving your goals. Coaches provide confidential, unbiased support to help you shape your purpose and stay on track.

## How does Coaching work?

You define the change you want to make, whether it be personal or professional. Your coach offers support to help you create a clear plan of action using SMART goals.

You will meet with the same coach, at regular intervals, by phone or video teleconference until your needs have been met. Your coach will assist you with problem-solving, revising your action plan as appropriate, follow-up, and accountability. Coaches can also provide helpful resources and education to help you stay on track and achieve your goals.

## Coaching can assist with a variety of issues including:

-  Handling work stress
-  Improving relationships
-  Mild substance abuse
-  Not getting enough sleep
-  Weight loss
-  Mild mood issues

“Change might not be fast and it isn’t always easy. But with time and effort, almost any habit can be reshaped.”

~ Charles Duhigg

## Call your program today

Coaching sessions are part of your program and are provided at no cost to you. This service is separate from counseling and is not part of those session limits.



Maricopa County

Employee Assistance Program

**1-888-213-5125**