

Well-Being Coaching from your GuidanceResources program

Discover physical, social, and emotional balance

In today's high-pressure world, our well-being often takes a back seat to the demands of work and family life. As a result, our mental, physical, and emotional balance can suffer. The Well-Being Coaching program from your ComPsych® GuidanceResources® program can help you regain that balance so you can be your best, at work and at home.

Connect today with one of our certified coaches. They work one-on-one with you to reduce roadblocks and risks — addressing aspects of health and well-being holistically. The services are available over the phone or via secure video link and cover a variety of topics, including:

- Balancing competing needs
- Building self-esteem
- Burnout
- Coping with stress
- Developing self-compassion
- Healthy families
- Finding motivation
- Building resiliency
- Time management
- Back care
- Cardiovascular disease prevention
- Diabetes disease prevention
- Digestive health
- Exercise
- Healthy aging
- Healthy pregnancy
- Intentional eating
- Learn to run
- Nutrition
- Improving sleep
- Tobacco & nicotine cessation
- Weight management



We're here for you.

To schedule coaching, call your toll-free number or log on to guidanceresources.com and select Well-Being Coaching under the ComPsych® Health & Well-Being tile. Our caring coaches can help you tackle whatever stands in your way so you can get back to being your best, at work and at home.

24/7 Live Assistance

Call:
App: GuidanceNowSM
Online: guidanceresources.com

TRS: Dial 711
Web ID:

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