

PERSONAL COACHING

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

Getting started is easy.

Call **800-344-4222**. Or visit employees.concernhealth.com and log in with your company code. Then click on "Get Services" to begin.

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



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, tobacco cessation, 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, overcoming negative thought patterns, and more ...

Why not give it a try

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