

TARGETED COACHING: MENTAL WELL-BEING



For members seeking to improve their mental well-being, we offer personalized coaching delivered by our professionals in mental health counseling integrated into the program for enhanced utilization and effectiveness.

The coaching program includes eight 30-minute sessions with an assigned professional Mental Health Coach at a cadence up to weekly, if needed. The coach will help identify the root cause of the mental health concerns, provide perspective, education, support, tools and referral to medical care, if needed, to improve the mental well-being status of enrolled members.

Candidates

- If thinking about, or coping with, an issue takes up to at least an hour each day
- If you avoid others or feel out of sorts
- If the issue impacts your enjoyment of life
- If the issue has negatively affected school, work, or relationships

Topics Addressed

- Stress at Work or Home
- Parenting
- Financial Worry
- Grief
- Alcohol Dependence
- Coping
- Self-Care
- Relationships/Friendships
- Divorce
- Work Environment including Co-workers, Bosses, and Expectations
- Organization/Time Management

Potential Benefits

- Improved Self-Awareness
- Enhanced Coping Skills
- Goal-Setting and Achievement
- Stress Reduction
- Increased Emotional Intelligence
- Positive Behavior Change
- Support for Mental Health Challenges
- Increased Confidence and Self-Efficacy
- Improved Work-Life Balance
- Enhanced Communication Skills
- Promotion of Positive Habits
- Long-Term Well-Being

“ I’ve gained a whole new set of skills that will be of benefit to myself and others in my life going forward. {My Mental Well-Being Coach} Katie was able to help me navigate through some issues that were bothering me, both past and present. Her encouraging growth-oriented approach allowed me to increase my awareness of and expand my ability to acknowledge my feelings, identify problems and solutions, and manage stress. ”

“ With the awareness I gained from this wellness coaching, I have not only seen improvement in my own well-being but it has carried over into my relationships with others as well. I feel more like myself than I have in a while. I feel more resilient, knowledgeable, and capable. ”