

## Will Coaching Help You Reach Your Goals?

The coaching process is a partnership between a trained professional and an individual that has set goals designed to improve or enhance his or her personal and/or professional life. Through coaching, individuals often focus on developing skills and action plans that assist them in producing results that are measurable.



There are many benefits to retaining a personal coach. Individuals who engage in a coaching relationship work on overcoming personal and professional challenges as well as making the most of opportunities in their lives.

Is it time to make a change? Are you hoping to stop procrastinating? Do you have the desire to move up in your organization? Would you like to be able to communicate more effectively? The first step is to decide what you are hoping to accomplish.

Here are some things to consider while evaluating whether coaching is right for you:

- 1. Have you been unable to get yourself moving or to keep yourself on track?** If you know the direction you wish to head and the desired end result but you don't know how to go about getting there, coaching might be helpful.
- 2. Are you looking for someone to consult or collaborate with?** Coaches can provide valuable insights and new perspectives that can make a difference in your life. Of course it is important to go into the process with an open mind.
- 3. It is important to make sure you are ready to commit to the project.** The process of creating positive changes and maintaining them takes a lot of time and energy.

Our dedicated consultants are available **24 hours everyday** to address your needs. Appointments can normally be scheduled within **two working days**. **After hours** and **weekend** sessions can be arranged, if needed. Crisis calls are always handled immediately. Services are **confidential** to the extent permitted by law. To access these services call First Sun EAP at 1-800-968-8143 or in Greater Columbia (803) 376-2668.

For more information on this topic as well as the other benefits you receive from First Sun EAP, please see our website at: [www.firstsuneap.com](http://www.firstsuneap.com).