



WHAT IS YOUR GAME PLAN?

A certified life coach through the Employee Assistance Program can provide guidance to reach personal goals and unlock your full potential.

Connect with a life coach at **800.550.6248** or **MCIT.AllOneHealth.com** for no-cost, one-on-one coaching sessions to address personal priorities.

- Achieve personal and professional goals
- Manage life transitions
- Improve stress and time management
- Overcome obstacles
- Strengthen relationships
- Improve communication
- Manage multiple projects and demands
- Other goals or concerns