



Living Resources

Well-Being Coaching From your Living Resources Program

Discover Mental, Physical 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 Living Resources 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 personal coaches. They work one-on-one with you to reduce roadblocks and risks — addressing health and well-being issues holistically, before they evolve into long-term, costly problems. The services are available over the phone or via video link and cover a variety of issues, including:

- Burnout
- Balancing competing needs
- Developing self-compassion
- Goal setting
- Building resiliency
- Time management
- Coping with stress
- Finding motivation
- Improving sleep and more

Call your Living Resources Program's toll-free number anytime to request an appointment with a personal coach and get the support you need to live a healthier, more balanced life.



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