



# Let's Work Together to Reach Your Goals

**Life Coaching can help you** define your goals and plan a strategy for achieving them.

Reach out to your Assistance Program for **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

*Coaching sessions are free to use, confidential, and open to family members.*

Contact AllOne Health  
Call: 800-451-1834  
Visit: [allonehealthcap.com](http://allonehealthcap.com)

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