



Employee Assistance Program (EAP)

Life coaching

We understand that the path to personal and professional success isn't always clear. Sometimes we need a little help to navigate life's transitions and reach our full potential. That's where a life coach can help. During regular online sessions, you and your coach will learn about your goals and come up with a plan for success, together.

How it works

- Initial 45- to 60-minute session establishes your vision, goals and action plan
- Up to five 30-minute follow-up coaching sessions help make sure you're on track
- Supportive resources and progress check-ins are available through email
- Convenient follow-up calls make sure your plan's working for you

Get started today

EAP: **866-326-7194**

Your privacy is important. Everything you do with HealthPartners EAP is confidential. Nothing is shared with your employer or health plan. Information will only be released with your permission or when required by law.