

A call to care



Your goals are within reach, sometimes you just need the right support to get there. Life coaching helps you identify meaningful goals and provides guidance, accountability, and a path to real success.

Life coaching adds an extra layer of support for your mental health and self-care. Our coaches can help you:

- **Gain Clarity** – Identify goals aligned with your values and create a clear path forward.
- **Stay Accountable** – Regular check-ins to keep you focused and on track.
- **Overcome Obstacles** – Navigate challenges and develop strategies for success.
- **Challenge Limiting Beliefs** – Shift perspectives in a safe, judgment-free space.
- **Build Skills** – Strengthen resilience and develop tools for growth.

Ready to take the next step? Contact Sentara EAP to schedule your session today!

- Coaches can connect confidentially with you however you prefer—text, email, phone call, virtual video.
- We offer flexible hours to meet the needs of all shifts.
- Life Coaching is available for employees and household members.

Call us at **1-800-899-8174** or visit **sentaraEAP.com** for more resources.



Enroll to have a Sentara EAP life coach contact you for free, unlimited, 20-minute touchpoints.



Speak to a coach within 24 hours after reaching out.



Simply scan the QR code and sign up to have a Sentara EAP life coach reach out to you.