

Ready for change

Make positive change. Be your best.

Let us help

Ready to change services

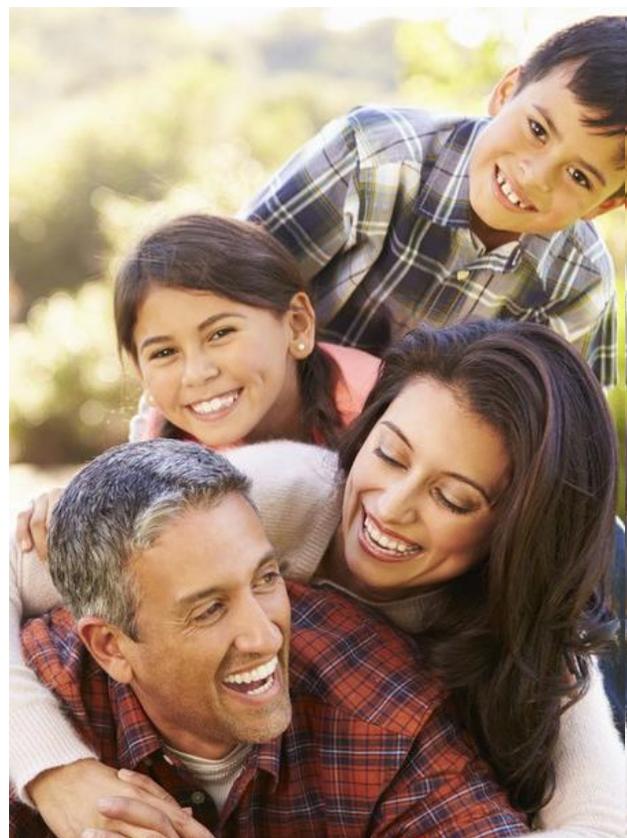
Life is full of obligations, responsibilities and priorities. It can be easy to neglect yourself when you are busy taking care of everyone else, but we may need to make some changes to live our lives to the fullest potential. Becoming more active, quitting smoking, losing weight, managing stress, and having better relationships with our children and partners can help us get there. But with all we have to do, how do we incorporate this into our lives?

Convenient access

Your EAP has developed specialized coaching programs to address these common concerns. Different from traditional EAP counseling, coaching sessions are telephone-based, so there is no need to travel to an office or wait days for an appointment. We can even use Skype if you prefer. Sessions are scheduled at times that are convenient for you, and can be conducted anytime or anywhere you have an hour of private time to use the telephone or computer.

EAP coaching programs

- Ready to quit
 - Ready to move
 - Ready to win
 - Stress for change
 - Parenting for Change
 - Relationships for change
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- Explore your motivation to change behaviors and improve skills.
 - Develop goals and a plan for change.
 - Receive encouragement and support from a caring professional counselor throughout the process.
 - Explore supports as well as barriers to your success.
 - Discuss how you can maintain changes, and enjoy an overall improved lifestyle.



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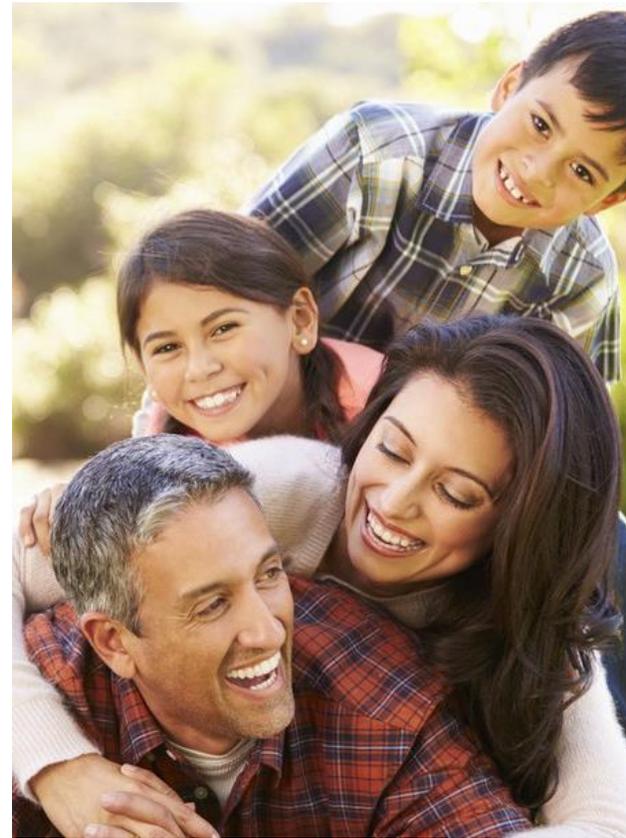
Personalized program

The program begins with a telephone-based assessment with an EAP coach who will explore your concerns and work with you to establish goals, individualized for you, based on your needs and readiness to make changes. Each program uses proven research and our best knowledge on the subject, but no matter where you are in the change process, the coach will meet you where you are.

Four, one-hour telephone sessions are then scheduled, and during each session, you and your coach will discuss how you can achieve those goals. You may talk, reflect on suggested readings, or work through an activity. Throughout the process, encouraging emails and text messages, articles, information, and books will support you in reaching your goal.

Positive results

Ready to Change participants make positive and lasting lifestyle changes that benefit their health and well-being. Our program will help you make changes, and sustain your behavior through reinforcement, advice and support.



Connect with us for confidential support or to learn more

Make the right decisions for you and your family with help from your EAP.

For immediate assistance, contact us at **1.866.695.6327** or visit workhealthlife.com/mlaeap.