

Coaching

Your Employee Assistance Program Coaching benefit is **a strength-based resource to help you reach your full potential** in both your personal and professional goals.

The USPS EAP includes **unlimited access to coaches who provide individualized, goal-oriented guidance, wellness education, strategy development and encouragement.**

EAP Coaches will empower those with health challenges to improve by supporting and guiding participants while holding them accountable to their healthier lifestyle practices.

Together, individuals and coaches commonly design wellness plans around the following:

- Face to face counseling
- Telephonic counseling
- Text therapy (Talkspace)
- Video Therapy
- Web-based therapy (myStrength)
- “In the Moment” support
- Coaching

EAP Coaching is...

- delivered by the USPS field staff in-person, via phone or video.
- here for supervisors to assist in overcoming challenges by providing the tools and resources to increase workplace performance.
- supportive of high performers to further advance their skill sets and facilitate long-term leadership improvement.
- gauged by satisfaction surveys to measure impact. The surveys will identify trends, such as the top reasons managers are utilizing coaching services, areas for organizational improvement and content for supervisor training
- a program that includes Relias training modules, webinars or in-person training at the JCEAP sites.

EAP Coaching resources are here to support you in order to attain personal growth.
Reach out today to take the next step toward success.