



Well-being coaching can help you build on your strengths and find purpose

Huddle up!

Sometimes we all need a little help figuring out our game plan. Maybe you got thrown a curve ball or didn't cross the finish line. A well-being coach may be just the thing to help you unlock your potential and find more fulfillment in your day-to-day.

Well-being coaches ask thoughtful questions that focus on your goals and the steps to accomplish those goals. They check in to see how you're doing, talk about any obstacles you may have faced and discuss ways to address them. And they can help you when the whole game changes and you want support creating new goals or figuring out a new path.

Coaching sessions can help you:

Build character strengths	Identify your goals and strengths Help you learn organization and time-management skills Work on self-esteem
Find purpose	Work through life's changes, such as marriage, divorce, a new baby, caregiving or a job change Support you through a new diagnosis or chronic medical condition Set healthy lifestyle goals Building connection and finding fulfillment

How coaching works

You'll start with a 30-minute goal-setting session. You and your well-being coach will create specific and attainable goals for you to work toward. Then you'll check in regularly with your well-being coach by phone or virtually. Talk about how things are going, work through any barriers and adjust your plan to achieve your goal.

It's easy to get started

Simply give Resources for Living a call and ask about working with a well-being coach today.

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