



Well-being coaching can help you reach your goals

Often times we put our personal goals on hold to keep up with the day-to-day demands of life. Working with a well-being coach can help you organize your time, make a plan, track your progress and reach your goals.

You can use your free and confidential coaching sessions to:

Develop your personal strengths	Learn approaches to help you boost your self-esteem, expand your strengths, get organized and make the best use of your time.
Invest in healthier habits	Create a plan that is attainable and take steps toward your best life by making healthier choices around diet, exercise, lifestyle and even managing finances and spending habits.
Work toward personal and professional goals	Find opportunities for personal and professional growth to take your next steps toward your goals.
Build relationship skills	Improve communication skills, build social skills and how to cope with change.

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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