



# Well-Being Coaching

## From your GuidanceResources® Program

### Discover Mental, Physical and Emotional Balance

In today's high-pressure world, our well-being often takes a back seat to the demands of work and family life. As a result, our mental, physical and emotional balance can suffer. The Well-Being Coaching program from your GuidanceResources® program can help you regain that balance so you can be your best, at work and at home.

Connect today with one of our certified personal coaches. They work one-on-one with you to reduce roadblocks and risks — addressing health and well-being issues holistically, before they evolve into long-term, costly problems. The services are available over the phone or via video link and cover a variety of issues, including:

- Burnout
- Balancing competing needs
- Developing self-compassion
- Goal setting
- Building resiliency
- Time management
- Coping with stress
- Finding motivation
- Improving sleep and more

**Call your GuidanceResources® toll-free number anytime to request an appointment with a personal coach and get the support you need to live a healthier, more balanced life.**

## Here when you need us.

Call: 844-216-8709

TTY: 800.697.0353

Online: [guidanceresources.com](https://guidanceresources.com)

App: GuidanceNow<sup>SM</sup>

Web ID: BCBSMTEAP