



GuidanceResources®

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 ComPsych® 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. ComPsych® is available to all City employees and their household members at no cost.



COMPSYCH®
GuidanceResources® Worldwide



24/7 Live Assistance:
Call: 1.800.858.6715
TRS: Dial 711



Online: guidanceresources.com
App: GuidanceNowSM
Web ID: SeattleEAP

