

Management Coaching

Maximize Personal and Professional Potential

EAP



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For more information call 1-800-222-0364 (1-888-262-7848 TTY),
or visit our website at www.FOH4You.com

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EAP

We care, just call.

Management Coaching for Managers and Supervisors

Maximize your personal and professional potential and enhance your quality of life with the Federal Occupational Health Employee Assistance Program (EAP) management coaching services.

The EAP's Management Coaching program focuses on personal strengths, encourages self-awareness, helps managers and supervisors clarify how they choose to live their lives, and provides support to enhance the skills and resources already present in their lives.

Coaching is not counseling. Management coaching takes a non-clinical approach that generally concentrates on managing work-life balance. It assists supervisors and managers in developing their people skills by capitalizing on their strengths while promoting self-awareness and professional growth.

Connecting with a coach and getting started is easy. Just call your EAP at 1-800-222-0364. You will then be assigned a coach who will set up an appointment and send you information on coaching. Coaching appointments can be in-person, by telephone, or a combination of the two. Coaching usually involves several appointments with the EAP. All coaching appointments are voluntary, personal (one-on-one), and private.

When a manager meets with a coach, they will identify specific goals and develop a professional growth plan. Together, the manager and the coach will evaluate progress and make adjustments as needed.

A manager might seek coaching services for topics such as:

- Navigating change both personally and professionally
- Handling conflict and a difficult employee
- Developing emotional intelligence
- Balancing work and home life
- Improving management techniques or skills
- Developing communication and people skills

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