

# Management Coaching Announcement

Management Coaching is now available to all managers and supervisors to help them develop skills to be a better leader in today's workforce.

The EAP Management Coaching program is not counseling. The program focuses on maximizing a manager's strengths to improve performance—and enhance his or her quality of life.

Management Coaching occurs in a learning environment that involves discovery, strategizing, and taking action. In addition to a manager's personal and professional growth, other benefits may include better communication and engagement with employees, as well as stronger results from their workgroup.

As a manager, you may be interested in Management Coaching for help in addressing issues like:

- Helping your employees navigate change
- Navigating change for yourself
- Managing your stress
- Handling difficult conversations and conflict
- Defusing anger and anger management
- Managing difficult personalities
- Increasing assertiveness
- Improving communication skills
- Managing time more effectively
- Balancing work and home responsibilities

Management Coaching sessions are personal, private, voluntary, and available to you at no cost. Coaching appointments are focused on goal attainment, skill development, and personal and professional growth. Managers develop their own growth plan. The manager and the coach continue to evaluate progress and modify the growth plan as needed. Coaching appointments can be in-person, by telephone, or a combination of the two.

Accessing a coach is easy. Call the EAP at **1-800-222-0364**. You will then be assigned a coach who will set up an appointment and send you information on the coaching process.



EAP

