We live in a goal directed world. Many of us set goals, both professional and personal, but struggle to reach them. Life coaching, a means of assisting individuals with making desired changes and achieving successful outcomes, is growing in popularity.

APS has developed a personal life coaching service that is convenient and confidential. Members receive telephonic assistance from a certified Life Coach, scheduled at times that fit into their busy schedules.

APS Healthcare’s Life Coaching Services are intended to be an additional means of support for a member to receive assistance alongside traditional counseling and other more typical employee assistance services. Not a replacement for professional counseling, the role of a Life Coach is to help individuals clarify goals, develop action plans and address potential barriers to achieving their goals.

Examples of topics that coaching may focus on include:

- healthy lifestyle changes
- career decisions
- interpersonal relationship building

Focused on helping individuals attain their goals, Life Coaches provide necessary guidance and resources. However, in cases where counseling or treatment may be deemed more appropriate, Life Coaches will direct and assist members in arranging for care.

Now part of the existing EAP service, APS Healthcare’s Life Coaching Services are available to you at no cost. To access this service, please call 1-800-424-1749.

APS Healthcare Life Coaches hold Employee Assistance Specialist (EA-CS) certificates from the Institute for Life Coaching Training.