



Participant Guide

Coaching for Personal & Professional Growth

Overview

Imagine having a resource that not only helps overcome challenges but also helps unlock full potential, personally and professionally. In this session, we'll explore how coaching can empower you to grow, thrive, and excel. Learn how coaching goes beyond basic goal setting and problem solving to inspire lasting change and drive meaningful progress in the areas of life that matter most.

Agenda

- ✓ What is coaching
- ✓ Coaching vs. counseling
- ✓ Behavioral changes
- ✓ Connections
- ✓ Quiet the inner critic
- ✓ Change your mindset
- ✓ Wrap Up
- ✓ Questions, comments

Seminar Length: 1 Hour

Agenda

- What is Coaching
- Coaching vs. Counseling
- Behavioral Change
- Coaching Topics
- Connections
- Quiet the Inner Critic
- Change Your Mindset
- Wrap Up
- Questions? Comments?



What is Coaching ... Really?

- A personalized journey
- Curiosity driven not prescriptive
- Empowering not instructive
- Focused on exploration not perfection
- Inspires growth and possibilities



Coaching vs. Counseling

Coaching

- Focus on vision & goals
- Topics: stress, burnout, physical, mental, emotional fitness
- Address gaps between current state & desired future
- Generate change through strengths identification, enhanced motivation, habits & skills building

Counseling

- Focus on the past & present
- Topics: relationships, stress/anxiety, family conflict, grief & unresolved emotions
- Different therapies to address emotions, thinking, values, & beliefs

Curiosity driven, not prescriptive

Coaching is powered by Level 3 Listening

- Level 1: Internal
- Level 2: Focused
- Level 3: Global

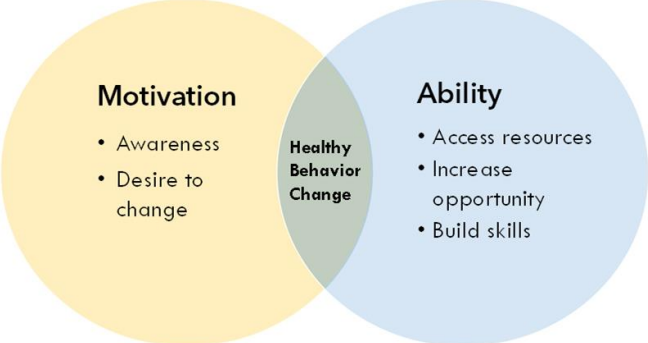


Empowering, not Instructive

“I just really appreciate (my coach’s) persistence in sticking with me through my own distractions and indecision to get to the why of what I’m wanting to do and how to help myself get there...I’ve never felt the slightest bit judged, always encouraged.”



What Does Behavior Change Look Like?



Creating Space for Behavior Change

- **Share** *desired change*
- **Create** *vision or goals*
- **Explore** *with coach*
- **Develop** *actionable strategies*
- **Generate** *motivation*
- **Increase** *ability*
- **Access** *resources*
- **Form** *habits and opportunity*



Exploration, not perfection

“(Coaching gave me)... the confidence to experiment with systems that may or may not work for me, and not letting a system that doesn’t work kill my motivation. If it doesn’t work, that just means it’s not for me, and (my coach) helped me understand that.”



Coaching Topics

Explore topics across dimensions of wellness

- Stress Management
- Work-Life Balance
- Personal & Professional Development
- Financial Habits



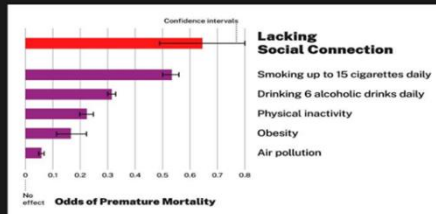
Cornerstones of Wellness

- Move
- Fuel
- Rest
- Connect



The Importance of Connection

Lacking social connection is as dangerous as smoking up to 15 cigarettes a day.



Source: Holt-Lunstad, J., Smith, T.L., & Meehan, D.A. (2017). Social connection and mortality: Meta-analysis of observational studies. *PLoS One*, 12(9), e0181416. doi:10.1371/journal.pone.0181416. This graph is a visual approximation.



Connect: Build & Strengthen Relationships

"I wouldn't have made it as far as I have without my coach. She took me from a very lonely, hopeless mindset to stability and smiles! Kindness and compassion are contagious. I will pay it forward!"



Connect: Enhance Communication Skills

Navigate Interpersonal Conflicts and Collaborate Better

- Listen deeper
- Recognize needs and feelings of self and others
- Speak collaboratively



Connect: To Your Purpose

"My coach was amazing ... (at helping me to) identify my values and aligning my work to my values. It has brought me so much fulfillment in my day-to-day work!"



Inspiring Growth and Possibilities

- Quiet the inner critic
- Change your mindset



Quiet the Inner Critic

Tame the Gremlin

- Recognize
- Refute
- Remove
- Replace



Change Your Mindset

"(My coach) ...has helped me tremendously. Being able to verbalize things that are circling in my thoughts ... and ... positive feedback is invaluable. I have a better understanding (and) direction in ... the difficult life events that have consumed my thinking."



Coaching Options for Learning New Skills & Changing Habits


Personal coaching
Tailored, actionable strategies to achieve personal wellbeing and professional development goals


Parent coaching
Personalized guidance to overcome parenting challenges and build healthier relationships with your children


Financial Coaching
Get expert help with money management, tax basics, investing, retirement planning, and building credit

Access Coaching: A Seamless Process

- **Learn new skills:** Four, 30-minute telephone sessions with an experienced, certified coach
- **Personal growth:** Reduce stress, improve sleep, weight management, healthier habits
- **Professional growth:** Work-life balance, manage burnout, improve time management & mental fitness



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Questions? Comments?

Thank you!

Please complete the Survey Monkey
<https://www.surveymonkey.com/r/3VHDNPS>