



EFR EMPLOYEE & FAMILY RESOURCES

LIFE COACHING

A proactive approach to becoming your best self

Why Life Coaching?

If you feel stuck in a pattern of behavior or can't figure out why you're unable to reach your goals, consider connecting with a Life Coach.

Get Help With:

- Communication
- Self-Discovery
- Time Management
- Career Goals
- Work-Life Integration
- Personal Growth
- + More scenarios available when you scan the QR code below!



To take advantage of the many benefits of Life Coaching, call us at **800-327-4692**

