



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**