



# Lifestyle coaching

Lifestyle coaches are certified to provide confidential and unbiased support, resources and accountability to help you achieve your goals.

## How does lifestyle coaching work?

You define the changes you want to make, whether personal or professional. Your coach helps you clarify your goals, identify obstacles that hold you back, and develop action-based solutions to achieve your goals.







Lifestyle coaching is short-term and the duration varies by individual. You can benefit from up to six sessions per year. Coaching is separate from counseling and your counseling session limits do not apply. You meet with the same coach by phone or video for up to 45 minutes each session. Your coach serves as a guide, supporter and even cheerleader as you set goals during the first session and make further progress in subsequent sessions.

## Is lifestyle coaching the right fit for me?

Ask yourself these questions ..... Do you want to make a positive ..... Are you willing to put in the work  
change in your life? ..... to make that change?

If the answer is yes to both, you are likely a great fit for lifestyle coaching.

## Coaching can assist with a variety of topics

- |   |  |   |
|---|--|---|
|  Career or work performance |  Not getting enough sleep     |  Personal improvement    |
|  Relationship concerns      |  Maintaining a healthy weight |  Navigating life changes |

## Get started today

Coaching is confidential and available to you and your household members at no cost. Call your eMbrace Program at 1-800-523-5668 (TTY 711) or visit [Member.MagellanHealthcare.com](http://Member.MagellanHealthcare.com) to get started.

