



LIFE COACHING

Through Your AllOne Health Benefits

*Set Goals. Find Clarity.
Move Forward with **Confidence.***

Whether you're ready for change, seeking motivation, or wanting to strengthen your focus, Life Coaching helps you tap into your potential. Through your AllOne Health benefits, you can work one-on-one with a professional coach who helps you define goals, remove obstacles, and create a clear path forward. These sessions are confidential, free to use, and included in your Employee Assistance Program.

What It Is

Goal-oriented coaching designed to help you grow personally and professionally through clear action plans and accountability.

How It Works

- Meet virtually with a certified life coach
- Sessions are structured, positive, and focused on progress
- Your coach helps you gain clarity, build habits, and stay motivated

What It Can Help With

- Life Transitions
- Career Goals
- Communication
- Relationships
- Time Management
- Productivity
- Stress Reduction
- Motivation
- Purposeful Living

Why It's Helpful

- Helps you break through barriers
- Builds confidence, focus, and momentum
- Provides supportive and objective guidance
- Encourages steady progress toward meaningful goals

How To Get Started



Request Life Coaching
in the **AllOne Health App**



Submit a request through the
Member Portal



Or **call AllOne Health 24/7** and
our team will help connect you

