



Christine Dawson <dawsonc@newton.k12.ia.us>

Fwd: What exactly IS life coaching?

1 message

Kelly Sorenson <sorensonk@newton.k12.ia.us>

Wed, Jul 12, 2023 at 11:00 AM

To: District Teachers <districtteachers@newton.k12.ia.us>, District Staff <districtstaff@newton.k12.ia.us>

----- Forwarded message -----

From: **Employee & Family Resources** <marcom@efr.org>

Date: Wed, Jul 12, 2023 at 9:15 AM

Subject: What exactly IS life coaching?

To: <sorensonk@newton.k12.ia.us>

Hey Kelly, don't forget to remind your colleagues about their EAP benefit with tips to support well-being by sharing the Life Happens Headlines!



life
Happens
HEADLINES

JULY 2023 | EMPLOYEE EDITION



What is Life Coaching and What Can I Expect?

Featuring EFR Life Coach Barb Ranck

If you've never heard of a "life coach," you're not alone. Honestly, I hadn't heard much about life coaching before becoming a certified life coach back in 2018! During the certification process, I coached and was coached by different professional coaches to gain the skills I needed. My experience was so positive and valuable, both personally and professionally, that I knew I wanted to do this work full-time – and now I get to coach on behalf of EFR!

Having worked with many clients over the last five years, the biggest questions I get from those exploring coaching are:

- How is coaching different from counseling?
- When should I work with a life coach?
- What can I expect when working with a life coach?

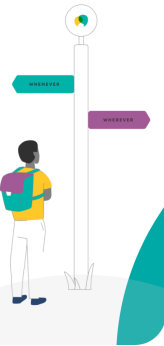
I'm sharing my answers and experiences to help you decide if life coaching is for you!

What Is Life Coaching and What Can I Expect?

Everyone is on their own mental health journey

Speak to someone who understands what you're going through, whenever & wherever.

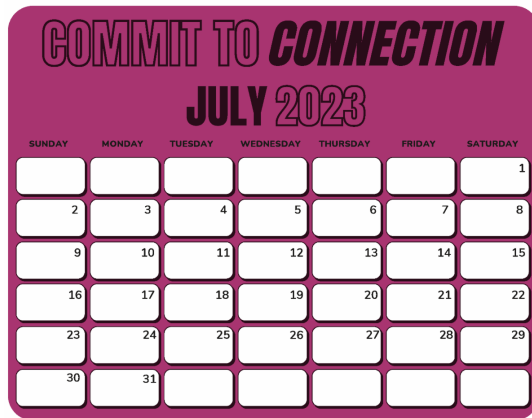
togetherall



Your free, anonymous online mental health community is waiting

As part of your EAP benefit, you have access to [Togetherall](#) - an anonymous, online support peer community.

Join the Togetherall Community



Commit to Connection

Connecting with others allows you to build meaningful relationships, develop a network of support, and foster growth by sharing the joys and challenges of life's experiences. This month, commit to connecting with others by using July's Monthly Motivator to help track your progress!



Spend time connecting with others. Commit to at least three activities from the list below.

- Have dinner or coffee with friends
- Go on a walk with a friend or pet
- Call someone out of the blue
- Connect with a new colleague
- Join a book club

Download the July Monthly Motivator

Revive Your Pelvic Floor

Get ready to dive deep into a topic that affects everyone, yet often goes unexplored - how your pelvic floor plays a vital role in your quality of life. Join us for an eye-opening discussion as we uncover the fascinating connections between your pelvic floor and your overall well-being with informative insights and unfiltered candor. From intimate relationships to everyday activities, we'll unravel the mysteries and myths surrounding this overlooked part of your well-being.



[Listen to the conversation](#)

We're Here to Help

Put Your EAP to Work

Life happens, and as your Employee Assistance Program provider, we're here to help you and your family overcome life's challenges by connecting you with quality, supportive resources.

It's free, confidential, and available 24/7. Connect with us by calling **800-327-4692** or explore your benefits at efr.org/how-we-help/work

[Explore Your Benefits](#)



EFR EMPLOYEE & FAMILY RESOURCES

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