

Coaching for Self-Care

Mind, body and spirit

Do you find it difficult to focus on your own self-care while you continue to put others first? While this may seem like the right thing to do, in reality, you cannot take care of others if you fail to take care yourself. However, many people find it hard to take their focus off others and put it on themselves.

You have to take care of yourself before you can care for others.

Reach out to your Employee Assistance Program.

By taking advantage of the coaching services offered through your EAP, we can help you understand the importance of taking care of yourself, aid you in setting goals to improve yourself and help you find the time and the way to make the changes necessary to take care of yourself — mind, body and spirit.

The healthier you are and the more positive you feel about yourself, the better you are able to help others.

Call today to learn more about coaching services and your own self-care or visit EAP4YOU.com