

# Emotional Coaching



Our Emotional Coaching service offers confidential “just in time” support from senior registered Clinicians/Coaches to help tackle issues before they become overwhelming.

- Are you stressed out about a difficult conversation you need to have with a colleague or family member?
- Do you find yourself feeling anxious about an upcoming meeting with your supervisor?
- Do you find yourself feeling nervous about a presentation or social situation?
- Not sure what to say to a co-worker who is going through a difficult time?



Sometimes singular issues can bring about overwhelming emotions. Access to an Emotional Expert can be beneficial during these moments. Emotional Coaching is a ‘now’ solution delivered telephonically to offer confidential advice, support and a neutral opinion to help EFAP-Employee Wellness clients move forward with clarity and confidence.

Emotional Coaching helps clients to be better able to self-regulate emotions and respond to challenging situations, leaving them with decreased stress levels and an increase in self-confidence and self- esteem.

[www.employee-wellness.ca](http://www.employee-wellness.ca)  
Call us at 1-800-505-4929 (toll free)  
604-872-4929



EMPLOYEE WELLNESS  
good thinking