

# TOTAL WELL-BEING

*Now in the Palm of your Hand*

24|7  
365

## A TOTAL WELL-BEING EAP

Ease@Work provides Total Well-Being solutions for organizations and employees by combining high touch services through high tech delivery capabilities. Our Total Well-Being services are available anywhere at anytime to address any problem.

## LIFE COACHING

Life Coaching to help employees and their household members meet their personal and professional goals. A Life Coach works actively to help individuals assess their current situation, then develop goals and action steps to meet their stated expectations. A Coach is an accountability partner and helps individuals overcome obstacles to achieve their goals.

## WE HELP WITH:

- Life transitions
- Enhancing communication skills
- Improving stress and time management
- Creating better work/life balance
- Managing multiple projects and demands
- Living a more purposeful life
- Setting goals and action steps
- Improving relationships



Telephone: 1-800.521.3273

Website: [www.easeatwork.com](http://www.easeatwork.com)

**EASE@WORK**  
An AllOne Health Company