



THE OHIO STATE UNIVERSITY



Let's Work Together to Reach Your Goals

Life Coaching can help you define your goals and plan a strategy for achieving them.

Reach out to your Assistance Program for **one-on-one coaching sessions** to address personal priorities:

- Achieve personal and professional goals
- Manage life transitions
- Improve stress and time management
- Overcome obstacles
- Strengthen relationships
- Improve communication
- Manage multiple projects and demands

Coaching sessions are free to use, confidential, and open to family members.

Contact Ohio State EAP
Call: 800-678-6265
Visit: osu.mylifeexpert.com
Code: buckeyes

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HEALTH