



## Career Counselling: Resiliency Coaching.

TELUS Health EAP, your Employee Assistance Program.

As life demands and the pace of change continue to climb, the Resiliency Coaching program (offered a component of our Career Counselling service) helps individuals become better able to perceive, process, and respond to stressful work situations.

### How it works

Access the program through one call to our Centre or by logging onto the TELUS Health One app and starting a chat conversation; you can also access the program at [one.telushealth.com](https://one.telushealth.com). Your Client Care Representative will match you with a resiliency coach who will work with you via sessions over the telephone to assess your current situation and develop an action plan for change where it's needed most.

### Resiliency Coaching will explore:

- Evaluation of current and desired levels of satisfaction in specific areas of your professional life
- Career direction and choices, assesses interests and skill
- Development of strategies that enhance work satisfaction and performance
- Adjustments to your current coping strategies
- New ways of managing life demands and your overall outlook on things



## The result

Having an increased understanding of your individual perceptions and reactions to life's stressors can help your work performance and overall health. Your resiliency coach will help get you on the road to achieving a more positive outlook and increased self-confidence.

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## Connect with us for confidential support or to learn more

Learn new ways to manage the demands of life and work with Career Counselling: Resiliency Coaching through TELUS Health EAP.

