

EFR LIFE COACHING

Did you know that the [Employee Assistance Program \(EAP\)](#) offers Iowa State employees and eligible dependents free, telephonic life coaching? This benefit covers up to six sessions, per situation, per year.

WHY LIFE COACHING?

If you feel stuck in a pattern of behavior or can't figure out why you're unable to reach your goals, consider connecting with a life coach. Life coaching sessions are designed to help employees advance their soft skills including (but not limited to):



Communication



Self-discovery



Time Management



Career Goals



Work-life Integration



Personal Growth

WHAT TO EXPECT

Once you identify an area where you'd like to make progress and are looking for accountability and support, contact Employee & Family Resources (EFR) at 800-327-4692. From there, you will be given information to contact your assigned EFR Life Coach. All EFR coaching sessions are either over Zoom or by phone. Each session lasts about an hour, and the frequency is up to you (weekly, bi-weekly, monthly, or possibly less frequent).

NOTE: Information shared is strictly confidential. You will be pre-approved for six sessions at no cost to you.



"I was provided a space to share my fears and anxieties and turn them into a productive and focused plan. I've found a sense of calm in my career and know that I'm exactly where I'm supposed to be."

- Iowa State employee

GETTING STARTED

To learn more about the life coaching benefit, [click here](#) or call 800-327-4692. For additional information regarding the Employee Assistance Program (EAP), [click here](#).

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