

Well-Being Coaching From your NGCare Program

Discover Emotional Balance

In today's high-pressure world, our well-being often takes a back seat to the demands of work and family life. As a result, our physical and emotional balance can suffer. Well-Being Coaching from your NGCare Program can help you regain that balance so you can be your best, at work and at home.

Connect today with one of our expert coaches. They work one-on-one with you to reduce roadblocks and risks — addressing health and well-being issues holistically, before they evolve into long-term, costly problems. The services are available over the phone and cover a variety of issues, including:

- Burnout
- Balancing competing needs
- Developing self-compassion
- Goal setting
- Building resiliency
- Time management
- Coping with stress
- Finding motivation
- Improving sleep

Call your NGCare toll-free number anytime to request an appointment with a personal coach and get the support you need to live a healthier, more balanced life.



24/7 Live Assistance

Call: | **TRS:** Dial 711

Online: guidanceresources.com | **App:** GuidanceNowSM | **Web ID:**

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