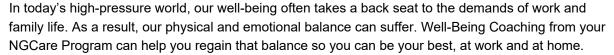
## Well-Being Coaching From your NGCare Program

## **Discover Emotional Balance**



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

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