

LIFE COACHING - TRIAD EAP



ABOUT LIFE COACHING

Employees are eligible to use their Triad Life Coach benefit of five sessions per year. Coaching is a proactive tool for people looking for help moving through life transitions or setting personal or professional goals.

INSTRUCTIONS TO ACCESS LIFE COACHING

Life Coaching profiles are only available through this document are not currently online. Call Triad between 8 a.m. to 6 p.m. Monday through Friday for an authorization. Coaching is available by telephone, video, or face-to-face if the coach is in your area. Call Triad: (970) 242-9536 or 877-679-1100 / email: info@triadeap.com

TRIAD LIFE COACH PROFILES

Angela Kailey Gauthier, MHR. Angie is the owner of Angie's Answers: Educational Consulting. She has been coaching others toward achieving goals for more than 15 years. Angie has an extensive background in higher education, career counseling/academic advising, time management, stress resilience, wellness, and self-care. She is passionate about guiding you to a more productive and successful self, and utilizing various assessment tools to identify your strengths, skills, and desires. If you are seeking help with a new direction, motivation, need guidance, or want a plan of action, meeting with Angie will be your first step forward. Angie is easy to meet with and has flexible hours to meet your schedule. For more information: www.angiesanswers.com

Cheryl Coffey, MA. The true magic of working with Cheryl comes from her ability to identify the underlying source of the conflicts you are facing. Drawing from her experience as a coach, trainer and mediator, Cheryl can help you better understand your reactions to challenging people and circumstances by identifying what is underneath those responses. Much like an athletic trainer or physical therapist, Cheryl listens with empathy, holds you accountable, and provides insight and specific tools that build and repair personal and professional relationships. Cheryl's approach is direct yet compassionate as she intuitively guides you toward your desired goals, helping you build on your strengths and embrace your "weaknesses" with creativity, support, and even humor.

Jason Berv, PhD. Jason is a life and executive coach with a PhD in education. His approach is called the Simplicity Solution which uses basic principles to tackle life's problems. If your life is held hostage by feeling overwhelmed, anxiety, stress, and complexity, or if you find yourself at a crossroads at home or work, Jason can help create profound and lasting change. He will teach you about a few simple principles that explain our entire experience of life. The Simplicity Solution has created profound and lasting change for people like you around the world, and it can help you enjoy your relationships, your work, your family, and your life again. Jason believes in these techniques because he's used them for himself during a critical time of his life in addressing overwhelming stress symptoms and to continue to find peace through life's ups and downs. For more information: <https://thesimplicitysolution.org/>

Kellie R. Caldwell. Kellie is passionate about helping all people reach their potential, reinvent their lives, and achieve greater possibilities in all areas of life and business. Founder and owner of Greater Possibilities, Kellie is an experienced and accomplished coach, consultant, trainer, entrepreneur, speaker, and leadership/sales mentor. Her practice is focused on helping individuals, business owner, leaders, and teams of all sizes create clarity about who they are, recognize their strengths, address limitations, and develop authentic communication with others to become top performers both personally and professionally. She is a Certified Analyst for TTI Behavior, TTI Motivation, TTI Talents, TTI TriMetrix, and TTI Job Benchmarking. She is also a Certified Life Coach and Business Coach. For more information: <https://kelliecaldwell.com/>

Suzanne Phare, CPC, iPEC, HRCI. Suzanne has more than 15 years of experience in executive coaching and human resource management and is the owner of Real Ideal Coaching. Prior to relocating to Southwestern Colorado, she managed human resources for Emerson manufacturing facility in Boulder. Suzanne also worked for Panasonic, North American Energy Services, and Atari. Suzanne earned a bachelor's degree in interpersonal communications from the University of Washington. She is a Certified Professional Coach and Energy Leadership Index Master Practitioner by the Institute of Professional Excellence in Coaching and a Senior Professional in Human Resources. For more information: <http://www.realidealcoaching.com/>

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LIFE COACHING FAQ

Q: What is Life Coaching?

A: Maybe life is amazing but you want to further your success. Life coaching is a great way to improve communication, learn to set and reach your goals, and generally improve your professional or personal life. The International Coaching Federation defines coaching as “partnering with clients in a thought-provoking and creative process that inspires them to maximize their personal and professional potential.”

Q: How is Coaching different from counseling?

A: Counseling is indicated for mental health conditions that may be persistent and affect our emotional and mental wellbeing. If there are issues of domestic violence, anger, depression, anxiety, trauma, loss, or suicidal ideation, counseling is appropriate. Life coaching, also known as personal coaching, is intended to help the individual find direction and purpose and to improve self-management skills. A counselor can do the same but also works with individuals dealing with serious or fragile mental health challenges.

Q: What qualifications are Triad coaches required to have?

A: To become a Triad in-network Life Coach the following qualification must be met -- three years of relevant work experience, in addition to one of the following two criteria: a masters or doctorate degree in a related field, and/or a certification from a program that is accredited by the International Coach federation.

Q: What if I want to continue to see the coach after the coaching benefit ends?

A: Anyone can continue working with their coach if the coach is available. Triad coaches are independent contractors so meetings can be arranged directly with that coach if choosing to continue with the service beyond the EAP. You would work out the cost of services based on the coach's private practice rates.

Q: How many coaching sessions do I get?

A: Five life coaching sessions per benefit year. Life coaching is for employees only. Family members do not receive this benefit.

Q: How do I meet with a coach?

A: If in your area you could meet face-to-face, by phone or via a virtual meeting space such as Google Hangouts.

Q: Should I prepare anything prior to meeting with a coach?

A: To prepare, spend some time thinking about and writing down what you hope to accomplish with coaching.

Q: Can any unused coaching sessions carry over from one benefit year to the next?

A: No; however, the employee would get five new sessions at the beginning of the benefit year.

Q: What's the difference between Life Coaching and Leadership Coaching?

A: Leadership Coaching is related to goals of the business and improving job performance in the areas of leadership and management and is usually requested or recommended by the employer, whereas life coaching can be privately and personally initiated and the purpose of the coaching is to gain personal and sometimes work-related skills to achieve a specific outcome.

Q: What happens if I don't show up for a scheduled coaching appointment?

A: If needing to cancel a coaching appointment, 24-hour notice is required or that session is lost. The coach may have a policy about no-shows and late cancels to which you may be subject if this was made clear upon initiating the sessions with the coach.

Q: When are the coaching sessions scheduled? Can I meet after-hours or on weekends?

A: You will contact the coach upon authorizing the coaching with Triad EAP. You can work with the coach you have selected to determine the best time for you to schedule your sessions. Every coach handles their own schedule and can accommodate and coordinate schedules as needed.