Coaching

Your Employee Assistance Program Coaching benefit is a strength-based resource to help you reach your full potential in both your personal and professional goals.

The USPS EAP includes unlimited access to coaches who provide individualized, goal-oriented guidance, wellness education, strategy development and encouragement. EAP Coaches will empower those with health challenges to improve by supporting and guiding participants while holding them accountable to their healthier lifestyle practices.

Together, individuals and coaches commonly design wellness plans around the following:

- Face to face counseling
- Telephonic counseling
- Text therapy (Talkspace)
- Video Therapy
- Web-based therapy (myStrength)
- “In the Moment” support
- Coaching

EAP Coaching resources are here to support you in order to attain personal growth. Reach out today to take the next step toward success.