



*Live Your
Best Life!*

*Free &
Confidential
Services*

Certified Life Coaches

PAS life coaches provide personalized guidance and support to:

- Help you identify and achieve goals
- Make changes than improve your overall wellbeing
- Develop options when making a significant decision or life transition
- Offer an objective perspective about a challenging event
- Sort through challenges, resolve questions, prioritize
- Stay focused on your core values and passions

All life coaching services are provided free through your Employee Assistance Program
Call us anytime for more information



Improving the Quality of Life



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.com



800-356-0845
24/7



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Explore Your Career Potential

*Free &
Confidential
Services*

Career Coaching

PAS career coaches provide guidance with:

- Assessing your work skills
- Exploring your life and work values
- Setting career goals
- Improving networking skills
- Developing and refining your resume
- Preparing for interviews

All career coaching services are provided free through your Employee Assistance Program
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A Partner for Education

*Free &
Confidential
Services*

PAS Education Planning Services

A PAS education specialist will help you find solutions for you and your family's educational goals:

- Early learning programs & preschools
- Special needs
- Tutors
- Home learning for school-age children
- Vocational/technical schools
- 2 and 4 year colleges & graduate programs
- Continuing education

All education planning services are provided free through your Employee Assistance Program
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Bring Order to Your World

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Organization and Productivity Coaching

PAS organization and productivity coaches help you simplify and create order so you can work smarter:

- Balance work and home spaces
- Time management and to-do list techniques
- Email and digital file management
- Calendar and planner setup
- Prioritizing and goal setting
- Household management

Organization and productivity coaching services are provided free through your Employee Assistance Program
Call us anytime for more information



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