

# Why Connect With A Wellness Coach?

Thanks to your employer, you now have access to a valuable new benefit – [personalized \(and completely confidential\) wellness coaching](#). Is there something you would like to start, stop or change? Talking with your own, personal wellness coach can be the first step toward making your “wish” become a reality.

We know life is busy - your telephonic coaching session will take just 20-30 minutes, but the results are significant. The goal of an effective coaching session is to find out what matters most to you, help you clarify your personal “why” to enhance your internal motivation, and then work together to design a plan that works best with your life and provides you the support to be successful. Why not give it a try? You can discontinue at any time, no questions asked. But you just might surprise yourself and discover coaching is just the tool you were looking for to help you move forward and make that change.

Your highly trained and certified personal coach will help you identify the topic(s) of discussion, so don't worry if you don't have specific ideas coming into the call. Common areas include healthy eating, work/life balance, sleep, weight or stress management, exercise, and everything in between.

Here are a few recent comments from participants:

- “The encouragement alone is very valuable! My coach is realistic and helps me to get rid of the guilt and make healthier choices within life limitations.”
- “My coach has motivated me and KEPT me motivated while I continue to lose weight. I am down 25 lbs so far.”
- “I do not have anyone to really talk to about these things and having (my Coach) always makes me feel better, keep positive and gives me ideas of things to strive for and to me that are very worthwhile.”
- “My Coach challenges me not to say ‘I can’ but ‘I will!’ I need to be challenged!”

## Contact us anytime:



General questions or EAP information:  
[info@minesandassociates.com](mailto:info@minesandassociates.com)  
Wellness coaching questions or results:  
[Results@USCorporateWellness.com](mailto:Results@USCorporateWellness.com)



Visit us at  
[www.minesandassociates.com](http://www.minesandassociates.com)  
[www.uscorporatewellness.com](http://www.uscorporatewellness.com)

**MINES  
& ASSOCIATES**



## GETTING STARTED:

Would you like to start moving toward #BetterThanYesterday? Getting started with your personal wellness coach is as easy as 1 – 2 – 3!

1. **Contact MINES & Associates at 1-800-873-7138** for your unique Coaching Code
2. Log in at [www.uscorporatewellness.com](http://www.uscorporatewellness.com) and pick date/time that is best for you
3. **Connect with your coach!**

## QUESTIONS?

We're happy to help. Call us at 1-800-873-7138 or Email us anytime at [info@minesandassociates.com](mailto:info@minesandassociates.com) and we will respond with in 24 hours. If you're wondering about your personal wellness coach's qualifications, you're in good hands. We use the only coaching provider in the country to combine the URAC Comprehensive Wellness Accreditation with the ICHWC approved wellness coach certification.