



## Employee Assistance Program

# LifeCoach makes life's challenges easier

### What could you achieve if you had a coach in your corner?

LifeCoach is a personalized, holistic coaching program that can help you identify and work toward achieving your personal and professional goals including:

- Career satisfaction
- Financial management
- Stress management
- Work-life balance
- Relationships
- Parenting
- Communication skills
- Life purpose and meaning
- And much more!

### Fitting LifeCoach into your life is easy.

- Flexible – Define your own goals, meeting times, and program length
- Convenient – Work by email, phone, online chat, or any combination of these
- Free – Offered to you and your household members at no cost to you
- Effective – Coaches use scientifically proven techniques to help you stay focused, overcome challenges, and succeed

Find out what's possible for you with LifeCoach. Enroll today!

Click “LifeCoach” on the Employee Assistance Program website homepage to get started.

Call **1-855-547-1851** (TTY: 711)

or sign into: [Humana.com/eap](https://www.humana.com/eap)

Username: **northwestern**

Password: **eap**

**Northwestern** | **EMPLOYEE ASSISTANCE PROGRAM**  
LIFE MADE EASIER FOR FACULTY AND STAFF

Personal information about participants and members of their households remains confidential according to all applicable state and federal laws, unless disclosure is allowed by such laws.

LifeCoach does not provide medical, legal, or financial advice and information should not be used in place of consulting a licensed professional. You should consult with an applicable licensed professional to determine what is right for you.

# LifeCoach FAQ

## What is LifeCoach?

LifeCoach is a holistic, highly personalized web-based coaching experience offered through your Employee Assistance Program (EAP). When you sign up for the program, you are paired with a coach who mentors you and can help you identify and work toward achieving your goals.

## How much does it cost?

LifeCoach is available to you and your household members at no cost.

## How many sessions do I get?

You get an unlimited number of sessions with LifeCoach. Your coach is available whenever you're ready to start and it's up to you to determine when you're finished. Or, if you're finished with one goal, you can identify and begin to work on another goal if you wish.

## Will my boss know what I'm working on or have access to my progress?

Participation in LifeCoach is confidential. No one will know that you are participating in LifeCoach or about the goals that you are working on unless you tell them.

## Can I share this with my household members?

Yes. LifeCoach is available to you and your household members.

## What can a coach help me with?

It's up to you! Choose to work on professional goals, personal goals, or both! LifeCoach can help you in many areas of your life including relationships, parenting, caregiving, stress management, work-life balance, life purpose and meaning, career satisfaction, financial management, and much more.

## I have a busy schedule. What happens if I can't attend a regular appointment by phone?

LifeCoach is powered by a flexible web platform, which allows you to connect to your coach by email, telephone, online chat, or any combination of these. Coaching notifications can be sent to your personal email with easy access back to the coaching website. Although you'll get the best results when you are able to meet with your coach on a regular basis, you and your coach can decide on a schedule that works for you.

## Do coaches have special training?

LifeCoach coaches receive special training in using scientifically proven behavior change methodologies with direct ties to positive psychology. Other program foundations include humanistic psychology, cognitive-behavioral psychology, and behavioral psychology. Coaches help you leverage your strengths and focus on what's working well.

## How do I sign up?

From the homepage of your EAP website, click on "LifeCoach." From there, you will be guided to fill out an initial assessment, which includes questions about you and your intended goals. After you complete the assessment, you will be referred to your coach.

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