



Coaching for **Work and Life** Challenges

Practical Support for USPS Employees

Real Help for Real-Life Challenges

EAP coaching offers practical, confidential support to help you manage stress, improve performance, and move toward your personal and professional goals.

Managing Stress and Preventing Burnout

- Identify sources of stress and build healthy coping strategies
- Develop routines to support balance and resilience
- Learn techniques to stay focused and energized throughout the day

Improving Work Performance

- Strengthen time management and organization skills
- Build confidence in decision-making and problem-solving
- Improve communication with supervisors, coworkers, and customers
- Navigate workplace challenges with clarity and professionalism

Achieving Personal Goals

- Set clear, realistic goals—and create a plan to reach them
- Stay accountable with ongoing support and encouragement
- Build habits that support long-term success
- Navigate life transitions with confidence

How Coaching Supports You:

EAP coaching provides focused, solution-oriented conversations with practical tools you can apply right away. Support is tailored to your unique situation, with flexible sessions designed to fit your schedule.

Take the Next Step

Whether you're managing stress, improving performance, or working toward a goal, EAP coaching is here to help you move forward.