



EAP Coaching 101: **What to Expect**

Support for USPS Employees

What is EAP Coaching?

EAP coaching is a confidential, short-term service designed to help you navigate work and personal challenges, set goals, and build practical skills for success.

How Coaching Can Help	What to Expect in a Session
EAP coaching supports you in areas such as: • Managing stress and preventing burnout • Improving communication and relationships • Enhancing job performance and focus • Navigating life transitions and challenges • Setting and achieving goals	• One-on-one conversations with a professional • A supportive, non-judgmental environment • Practical strategies you can apply right away • Goal-setting and action planning tailored to you • Flexible sessions by phone or virtual meeting

Your **Privacy** Matters

- All EAP coaching services are confidential
- No information is shared with USPS without your consent
- Your participation will not affect your job or benefits

Getting Started	Taking the First Step
• Access is quick and easy—no referral needed • Contact your EAP to schedule a session • Get connected with a coach who fits your needs	Whether you're facing a specific challenge or planning ahead, EAP coaching is here to support you—at work and beyond.

Small steps forward start with a conversation—reach out today.