



Getting Started with EAP Coaching

Your Step-by-Step Guide for USPS Employees

Easy, Confidential Access to Support

EAP coaching is designed to be simple, flexible, and focused on your needs—so you can get support when it matters most.

Step 1: Reach Out	Step 2: Get Matched with a Coach
• Contact your EAP online or by phone • No referral or approval needed • Services are available at no cost to you	• Connect with a trained, professional coach • Matched based on your needs and goals • Choose phone or virtual sessions
Step 3: Schedule Your Session	Step 4: Start Coaching
• Connect with a trained, professional coach • Matched based on your needs and goals • Choose phone or virtual sessions	• Share what's on your mind • Set goals and priorities with your coach • Build practical strategies you can use right away
Step 5: Make the Most of Coaching	
• Be open and honest about your needs • Take small, achievable steps between sessions	• Use techniques discussed with your coach • Follow up and stay engaged to track progress

You're in Control

EAP coaching is voluntary, confidential, and centered on you—your goals, your pace, your success.

Take the First Step Today

Getting started is easy—reach out to your EAP and begin building solutions that work for you.