

TOTAL WELL-BEING

Now in the Palm of your Hand



A TOTAL WELL-BEING EAP

Sand Creek EAP provides Total Well-Being solutions for organizations and employees by combining high touch services through high tech delivery capabilities. Our Total Well-Being services are available anywhere at anytime to address any problem.

LIFE COACHING

Life Coaching to help employees and their household members meet their personal and professional goals. A Life Coach works actively to help individuals assess their current situation, then develop goals and action steps to meet their stated expectations. A Coach is an accountability partner and helps individuals overcome obstacles to achieve their goals.

WE HELP WITH:

- Life transitions
- Enhancing communication skills
- Improving stress and time management
- Creating better work/life balance
- Managing multiple projects and demands
- Living a more purposeful life
- Setting goals and action steps
- Improving relationships



Telephone: 888.243.5744

Website: www.sandcreekeap.com

SANDCREEK^{EAP}
An AllOne Health Company