



SWEAPConnections

Better Connect Coaching Series

COACHING

4 Sessions: Focused, Free, For You

Resilience



Strengthen your resilience by investing time in your self care, balance and way of thinking.

Time Management



Review your time management and organization, refresh how you prioritize, organize and value your time.

Stress Management



How are you managing stress on a daily basis? Let's talk about skills to help.

Life Coaching



Life coaching helps you set goals and make plans for success.

Free to You and Your Household Personal and Professional Coaching

Included in your existing EAP benefit,
you can use your free sessions
for focused virtual coaching.

SWEAP Connections is your
Employee Assistance Program

Counseling and Coaching
Online Resources and Courses

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