

# EAP Coaching Services

## Parent Coaching

Stressed out at home?  
Looking for help with managing  
difficult behaviour?  
Worried about how to talk to your child?

Parenting today is not an easy job. There are times when we can all use a little extra support and information to get us through everyday parenting challenges.

By listening in a confidential and supportive way, our trained staff can help you identify what the problem is and together we will identify goals and develop strategies to work towards them.



### What kind of issues can be dealt with?

- Helping children cope with change, Moving house, New school, Bereavement, Separation divorce
- Understanding and Managing emotions, Communication skills, How to Listen better
- Relationship building, Setting Boundaries, Managing Challenging behaviour
- Helping your child at school, Sibling Issues, Self-esteem, Anxiety, Bullying
- How to stay calm, Identifying your strengths as a parent, Strategies for self-care

These are just a few examples. We are here to offer support with whatever parenting issue you bring.

Parent Coaching takes place over the phone with a member of our counselling team. We will explore your parent coaching needs and schedule an agreed number of weekly telephone coaching sessions. We will continually evaluate our progress and adjust our goals and strategies as needed. Sessions will be arranged to fit your availability, so that you can obtain maximum benefit from the calls without fear of interruptions.



**Vhi** Corporate Solutions

We're here to help 24 hours a day, 365 days a year

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## Career Coaching

If you have questions or concerns about your career and performance, and want to explore these work related issues in a confidential manner, then Vhi's career coaching service is only a phone call away.

### How Does Career coaching Work

Coaching supports you in understanding how you contribute to the organisation by identifying your key behavioural patterns at work. Coaching helps you to look more closely at your job description, identifying your strengths and weaknesses in meeting the goals of your job. Typically, over a number of sessions, you are supported in identifying and evaluating your own strengths, weaknesses, opportunities and threats (SWOT), with a developed SWOT as one of the outcomes.

Coaching will support you in utilising your skills and competence more effectively, helping you to consider, understand and take charge of all aspects of your performance. It can also help you to identify and foster new relationships within, and outside, the organisation. Coaching facilitates 'outside the box' thinking, encouraging and helping you to come to new realisations about your engagement with your work.

The focus of the sessions will depend on where you are in your career, and what changes you wish to make. These may include:

- Understanding performance and competence management
- Identifying your career objectives
- Aligning individual career planning with company competence needs
- Identifying career and promotion opportunities
- Conducting and participating in performance appraisals/reviews
- Identifying and changing behaviours at work

Contact us on the 24/7/365 number, and ask to arrange an appointment with a career coach. We will explore your career coaching needs with you, and we will then schedule an agreed number of weekly telephone coaching sessions. Sessions will be arranged to fit your availability, so that you can obtain maximum benefit from the calls without fear of interruptions.

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