



Working with a life coach.

Whether you're starting a new role at work, or going through another major change in your life, we are here to help. To help cope with major life changes, we offer free life coaching sessions to help you successfully navigate this time.

What is life coaching?

Life coaching is a powerful and dynamic professional relationship you can use if you are motivated, engaged, and ready to create change in your life. A coach will help you develop greater clarity, confidence, and courage to achieve an identified goal or a desired outcome. Life coaching can help you challenge and motivate yourself into action.

Who are life coaches?

TELUS Health life coaches are certified by the Center for Credentialing and Education (CCE) and trained through the Institute for Life Coach Training (ILTC). All of our coaches are also master's level counselors with a minimum of five years of experience in areas such as social work, counseling, and psychology.

These coaches are trained in partnership strategies, helping individuals develop greater clarity for decision making and change management. Life coaches challenge individuals to identify their personal strengths, resources, and solutions in order to achieve their desired outcomes.





How does life coaching work?

A life coach can help you with short-term problem solving or developing a longer-term plan to make a change in your life. Our life coaches work with people over the phone and, depending on an individual's goal, may take anywhere from a single call to multiple sessions.

When you call a life coach, they will start by helping you clarify what you want to achieve. Then they will spend time with you to identify your own personal strengths and resources, as well as a concrete, actionable plan. This may include identifying, working through, and overcoming obstacles that may be holding you back.

Keep in mind that life coaching is not counseling or therapy; it is not a substitute for mental health counseling or treatment. If you are coping with mental health issues, call your Employee Assistance Program to speak to a caring counselor who can offer you support.

