

Connect With A Wellness Coach!



As an Humane World for Animals employee, you and your family have access to a valuable benefit- personalized (and completely confidential) wellness coaching!

Your highly trained and certified personal coach will help you identify the topic(s) of discussion, so don't worry if you don't have any specific ideas coming into the call. We know life is busy- your telephonic coaching session will take 20-30 minutes, but the results are significant.

Topics may include:

- Healthy Eating
- Exercise/Activities
- Increase Energy and Motivation
- Weight Management
- Self-care
- Work-Life Balance
- Life Transitions
- Stress Management
- Personal/Professional Growth
- Emotional Health
- Sleep
- Tobacco Cessation
- & More!

What to expect?

- Call the EAP Access Line to get started and let them know you'd like to connect with a Wellness Coach.

1-(877) 252-8550.

- After your call, an EAP Clinician will connect you with the appropriate coaching resources.
- You can then choose a date and time that works best for you to connect with your coach.