

# Coaching with Spring Health

In addition to mental health support, Spring Health offers coaching to help you reach your goals and unlock your potential.

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Are you looking to make a change? We all need a little encouragement from time to time. That's where Spring Health's coaching comes in.

Unlike a close friend or a family member, our coaches bring a fresh, unbiased, and science-backed perspective to help you reset, get unstuck, and create the life you want.

## Is coaching right for you?

Coaching isn't therapy or a substitute for therapy, but it can help you improve your life. Coaches work with you to set and achieve personal goals, build new skills, create healthier habits, and grow in areas beyond mental health.

Coaching may be right for you if you are at least 18 years old, you do not have an untreated serious mental health condition, and you are ready to make a change.

## Who are Spring Health's coaches?

Our coaches are International Coaching Federation (ICF) accredited with a minimum of 100 hours of post-training coaching experience. They use ethical practices and partner with you to build a strong working relationship.



Working with a coach leads to real results that can improve your life personally and professionally.

**With coaching, research shows\*:**

**88%** improved their self-confidence

**73%** improved their relationships

**67%** improved their work-life balance

**58%** improved their communication skills

\*Reports survey results from a person using a life coach. International Coach Federation 2021, 2005.

# What do you want to accomplish?

Spring Health coaches help you develop and implement strategies to achieve your goals. Our coaches have many specialties and help individuals in a variety of areas.

## Personal development

- I want to strengthen my relationship with my partner.
- I want to create better boundaries at work.
- I want to start planning for life after retirement.

## Health and wellness

- I want to get a better night's sleep.
- I want to learn new coping skills to manage stress.
- I want to reduce my alcohol intake.

## Parenting

- I want to feel less alone as a single parent.
- I want to improve my communication with my child.
- I want to help my child stay focused in school.

## Get started with coaching today

- 1 Visit [smpcorp.springhealth.com](https://smpcorp.springhealth.com), answer a few questions, and check to see if coaching is available in your care plan.
- 2 If coaching is part of your care plan, you can browse coaches, choose one you identify with, and book a virtual session with them through your account.
- 3 If coaching is not a part of your care plan, you can work with your Care Navigator to find and schedule an appointment with a coach.

Spring Health is available at no cost to Standard Motor Product U.S., full time, and non union employees and their benefits eligible dependents.

Up to 4 free coaching sessions per year are available to each member age 18+.

For support, visit [springhealth.com/support](https://springhealth.com/support) or call **1-855-629-0554**.