

The EAP Coaching Experience

The better we understand a service, the more we are able to avoid making assumptions about the service. This understanding will allow us to feel more comfortable and more confident to utilize available resources during these times of change in the organization.

If you have read anything about EAP coaching, you should know that coaching is not counseling. This aspect is important to understand because coaching is not therapy; it is about assisting Postal supervisors and managers to improve their management skills. Coaching is also about finding healthy ways to manage the work/life balance.

The following is an example of the coaching experience:

Phase 1

- Build relationship – establish trust with the coaches
- You determine focus and goals
- Provide data about concern or issue (strengths, weaknesses, barriers)

Phase 2

- Devise Professional Growth Plan – expand awareness and identify possibilities
- Coach provides feedback – assess results
- Modify Professional Growth Plan as needed

Phase 3

- Build support within the organization
- Decrease frequency of coaching appointments
- Evaluate progress



Make the Call!

Coaching is about achieving your goals, refining your vision, and reaching your dreams both at home and at work. Coaching is about getting the results you want.

USPS Employee Assistance Program

1-800-327-4968

(1-800-EAP-4-YOU) TTY: 1-877-492-7341

www.EAP4YOU.com