



# Your Coaching Supports

Prioritizing your personal growth and achieving your goals starts with the right guidance and support. Arcora’s confidential coaching services provide you with the tools and strategies you need to unlock your full potential. Professional coaches will work with you to clarify your objectives, develop actionable plans and overcome obstacles—inspiring you to embrace your journey with confidence.

## The Details

Your Arcora supports include **3 hours a year of solution-focused coaching** for the business owner/ head of organization\*—provided virtually by a certified, professional coach—for a wide range of topics, including:

- Communication and workplace relations
- Time management and delegation
- Skill development
- Professional growth
- Leadership development

**It's really that simple to get where you want to be.**

## Access Help **AACORA**

- 1. Reach out.** Log onto your *my-benefits*<sup>®</sup> portal and click on the Business Assistance Services link. Once there you can connect with Arcora coaching and get the process started.
- 2. Sit tight.** You'll be sent an email invite to set up an account on Arcora's integrated platform.
- 3. Share.** As you're setting up your account, you'll be prompted to share your challenges and goals, which will help Arcora match you with the professional in their network best suited to meet your needs.
- 4. Book a session.** Once you've been matched, you'll be prompted to book your first session and start realizing those goals.

\* Coaching hours are for one business owner/head of organization per company and are not transferable.