

Career Counselling: Focus on Resiliency Coaching

Life demands and the pace of change continue to climb. Resilience is key to coping. Shepell·fgi can help you develop strategies to keep up!

Your Outlook:

Find ways to make it positive

Looking to find happiness in daily activities?

Wondering if you've overlooked 'untapped resources'?

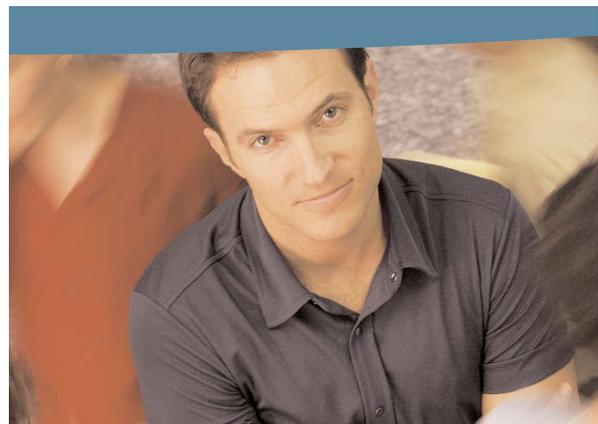
Need a strategy to better balance work & family needs?

Personal resiliency can be developed and it's about more than just stress management. Resilient individuals are able to quickly bounce back from setbacks, they have the ability to approach challenges in a way that contributes to their eventual success and they seem to thrive under pressure.

The Shepell·fgi Resiliency Coaching program is offered as a component of our Career Counselling service. The program's objective is to help individuals become better able to perceive, process and respond to stressful situations. Participants learn how to make adjustments to their current coping strategies where needed. It is designed for individuals that are motivated and prepared to try new ways of managing life demands and their overall outlook on things. You will have to "work" to get the results you want, this program is not a quick fix.

How it works.

The program is accessed through one easy call to our Care Access Centre. You are matched with a Resiliency Coach who helps assess your current situation and develop an action plan for change where it's needed most. The process includes a questionnaire and the evaluation of current and desired levels of satisfaction in specific areas of life.



The result.

Your personal health and work performance improve through an increased understanding of individual perceptions and reactions to life's stressors. Your Resiliency Coach will help get you on the road to achieving the positive outlook and self-confidence you've always wanted.

You and your career:

Support when you need it

Get a fresh perspective on your career with support and resources from your Employee Assistance Program. Our Career Counselling program helps you identify career direction and choices; assess interests and skill sets; and develop strategies that enhance work satisfaction and performance.

Connect with your EAP to get a refreshed perspective on your career and resiliency strategies.

Call: 1.800.387.4765