

# What are your challenges? What are your dreams?

## Getting ready to see your Success Coach



### In the past week, month, 6 months, have you:

- been late for or absent from work due to non-related work issues?
- had difficulty budgeting, affording your bills or paying for an emergency?
- have a challenge you are having at home?
- have work issues that make you feel like you don't want to come to work?
- are interested in setting up savings or investments?
- are interesting in learning new skills or advancing your education?
- have goals or dreams you aren't sure how to achieve on your own?

### Success Coaches serve employees at every level

- **A benefit for all:** whether you are a busy supervisor needing help setting up elder care for a family member or a line worker seeking transportation assistance, Success Coaches are here to help you succeed at both work and home.
- **Not employed by your company:** Your Success Coach is provided as a benefit by your employer. They are contracted through a local Employer Resource Network® (ERN), and are part of a rapidly growing network of state and national ERNs.
- **Confidential:** Unless set-up as a referral by HR or your supervisor, your company will not know that you visited your Success Coach.

### Success Coaches help both employees and companies

**EMPLOYEE**

- Stress
- Childcare
- Financial Pressures
- Public benefits
- Relationship conflicts
- Aging parents
- Substance abuse
- Transportation
- Housing/Foreclosure

**EMPLOYER**

- Increased productivity
- Reduced absenteeism
- HR productivity increase
- Outsourced social work
- Increased EAP usage
- Employer of Choice
- Increased retention
- Reduced training cost
- Reduced recruiting costs

### What are your goals and dreams?

Do you want to buy a house or car? Have you always dreamed of an advanced degree? Do you want to move to a higher work position? Do you want to lose weight or address health issues? Your Success Coach can help you figure out what steps you need to achieve your goals and will be there to assist every step of the way.

- **My six month goal:**  
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- **My one year goal:**  
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- **My two year goal:**  
\_\_\_\_\_

### What challenges do you have getting to work?

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- \_\_\_\_\_
- \_\_\_\_\_

### What bills do you find difficult to afford?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### What challenges do you have at home?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### What issues do you have at work?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### What skills or education do you want to gain?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Contact your Success Coach: walk-ins welcome!

- Call, email, or text: you will receive a reply on the same or next business day. Off-site meeting locations available. Request additional times if needed.
- **Natalie Longmeier, Success Coach**  
ern.marionmatters@gmail.com; (740) 262-8356 (cell)