

A person is standing on the edge of a dark, rocky cliff. The background is a bright, hazy sunset or sunrise sky with warm orange and yellow tones. The person is silhouetted against the light.

# LIFE COACHING

A NEW SERVICE FROM UAB EMPLOYEE ASSISTANCE & COUNSELING CENTER

Looking for guidance and don't know where to start?  
Life coaching can help you identify and achieve goals for...

• YOUR CAREER • HEALTHY LIFESTYLE • TIME MANAGEMENT  
OR ANY AREA OF LIFE WHERE YOU'D LIKE TO SUCCEED.

Your EACC board-certified life coach assists you with plan development and provides support and accountability as a partner in your vision for self improvement.

*Life coaching is a free and confidential service for UAB, UAB Medicine and VIVA Health employees and members of their immediate household from the UAB Employee Assistance & Counseling Center.*

**To make an appointment, call the EACC at  
205-934-2281 or email [uabeacc@uabmc.edu](mailto:uabeacc@uabmc.edu).**

**[uab.edu/lifecoaching](http://uab.edu/lifecoaching)**



EMPLOYEE ASSISTANCE  
& COUNSELING CENTER

The University of Alabama at Birmingham