



MyCoach for Individuals



Personal and confidential support for navigating your way through life. Whether it be challenging issues or to help enhance your wellbeing.

MyCoach for Individuals offers free confidential and proactive support.

Some examples of how MyCoach for Individuals can help:

- Improving your relationships.
- Creating a better work-life balance.
- Receiving mental health support.
- Getting the most out of your sleep.
- Navigating challenging financial times.
- Formulating strategies to manage stress.
- Managing the stressors and challenges of being a carer.



**Make an appointment today
by visiting [benestar.com](https://www.benestar.com) or call us on**

Benestar 
Be your best you

[benestar.com](https://www.benestar.com)



How do I access MyCoach for Individuals?

Just call us to make an appointment!

What can I expect from my MyCoach for Individuals appointment?

MyCoach for Individuals offers confidential support from an experienced Benestar clinician. You can arrange to meet with a clinician either face-to-face, via phone, video or online LiveChat.

During your conversation our clinician will gain an understanding about the issue you are experiencing and then provide you with helpful proactive strategies on how you can approach the situation.

Are there any other resources available to me?

Benestar has a wide range of tools, blog posts, podcasts, animations, videos and learning modules available on the BeneHub portal to support you and your team and help improve overall wellbeing and performance. Simply login or create your account using your organisation's unique company ID and Token.

“I have access to resources and support, discretely and whenever suits me.”

What is the BeneHub Portal?

BeneHub is your health and wellbeing portal. It's an always on, always accessible resource that lets you take charge of your own wellbeing to become 'your best you'.

This continually updated resource library is curated to help you thrive in the modern world. You'll find topics designed to help you with all aspects of your life.



LIFE



BODY



MONEY



RELATIONSHIPS



WORK



FAMILY



MIND

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