

# Workplace Skills Coaching

The Kentucky Employee Assistance Program (KEAP) offers workplace skills coaching sessions to employees and supervisors:

- ❖ Free-of-charge
- ❖ Multi-session
- ❖ Self-nominate
- ❖ HR Administrators may nominate
- ❖ Attend in-person or via phone

Coaching focuses on growing talents for success in the workplace. Guided content helps individuals in analyzing their behavior, interpersonal skills and workplace relationships. The coaching process involves assessing current style and using evidence-informed curriculum to expand communication, self-management and problem-solving skills.

Contact us to learn more.

