

WORKLIFE COACHING IS CONFIDENTIAL & FREE

When the unexpected comes your way,
WE ARE ALWAYS HERE TO HELP.

Building resilience in the face of life's challenges begins with connection!

Your dedicated WorkLife Coach is here to offer support and guidance. Be encouraged, and achieve the life you want. *Schedule an appointment today!*



AMANDA DAHLIA
WorkLife Coach
402.983.3006
ADahlia@TheWorkLab.us

3 EASY WAYS TO SCHEDULE YOUR FREE SESSION.

Your Worklife Coach is available everyday to all employees & their families 8 am -5 pm.



1. Call/text or email.

Phone/text at **402.983.3006** or email **ADahlia@TheWorkLab.us**

2. Book online.

Simply scan the QR Code or visit **TheWorkLab.us/Book**

3. Stop by in person.

Coaching Conversations

- Set & Achieve Your Goals
- Effective Relationship Communication
- Workplace Conflict Resolution
- Professional Development
- Empowerment & Well-Being

Financial Counseling

- Budget & Spending Plan
- Credit Counseling
- Debt Management
- Setting Financial Goals
- Maximizing Public & Employer Benefits

Resource Navigation

- Child & Elder Care
- Financial
- Housing
- Legal
- Mental Health
- Transportation

And more, all personalized to give you voice & choice in building the life you want.