



WE ARE ALWAYS HERE TO HELP.

3 EASY WAYS TO SCHEDULE YOUR FREE SESSION.



1. Call/text or email.

Phone/text/ or email

2. Book online.

Simply scan the QR code or visit [TheWorkLab.us/Book](https://TheWorkLab.us/Book)

3. Stop by in person.



AMANDA DAHLIA

WorkLife Coach

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WORKLIFE COACHING IS CONFIDENTIAL & FREE

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.



Health Services  
people work happy here

Onsite Schedule through June 2026

March

Week 1 (3/5): Square/Pointe

Week 2 (3/12): Legacy

Week 3 (3/19): Gateway

Week 4 (3/26): Louisville

April

Week 1 (4/2): Pointe/Square

Week 2 (4/9): Legacy

Week 3 (4/16): Gateway

Week 4 (4/23): Square/Pointe

Week 5 (4/30): Legacy

May

Week 1 (5/7): Meadows

Week 2 (5/14): Gateway

Week 3 (5/21): Square/ Pointe

Week 4 (5/28): Legacy

June

Week 1 (6/4): Gateway

Week 2 (6/11): Pointe/Square

Week 3 (6/18): Louisville

Week 4 (6/25): Legacy