

# BEST CARE COACHING

## Service Description



Best Care's Coaching Service involves one-on-one coaching sessions facilitated by a Best Care Coach to identify, plan, practice and acquire specific competencies or achieve specific goals. Generally, coaching is to assist an individual with improving job performance, advancing in a career, or achieving greater satisfaction or success with a job, career, or business. Coaching will focus on helping improve knowledge, skills or expertise to achieve the client's and the organization's coaching goals.

### Coaching Process

The formal coaching process includes a series of coaching meetings during which the coach and the client work on achieving the client's and the organization's coaching objectives. It is up to the client to ensure the coaching sessions do not interfere with meeting her/his work objectives.

As with any development program, the client is responsible for his/her own learning and success. It is critical that the client's manager and the organization support the process and the client, as well.

### Confidentiality

Coaching is not individual counseling or therapy. It is an educational process and the information provided during the process is not protected health information. Sharing information between the coaching client and the manager and/or the organization's representative related to setting and achieving the coaching goals is part of the process. Information unrelated to the coaching process will be kept confidential to the extent requested by the client unless release of the information is required by law.

### Fee Summary

- *Coaching services are agreed upon in advance and billed monthly at the preferred client rate of \$185/hr.*
- *Additional fees will be negotiated and billed as accrued, e.g. survey or assessment tool costs.*
- *Travel by the Best Care Coach will be agreed upon in advance and billed to the organization.*

### Contact Best Care EAP

For additional information or to get started with coaching for your organization, contact Best Care at 402.354.8000 or 800.801.4182.

