

2017 NEW ENCOMPASS SERVICES

1 ENCOMPASS GVSU employee assistance service has invested in new technology to assist employees to learn new ways to achieve a less-stressed mode. **Physiological bio-feedback** helps people to actually practice the steps while they are in our office, and then, with additional practice in follow-up sessions, people practice the steps on their own to the point, where like a musical instrument, or any type of skill building, they progress to manage stress better and with much less negative impact on their overall health.

The impact of this technology, in conjunction with professional guidance and practice may positively impact your ability to manage stress, promote better health and overall well-being.



2 Additionally, **life-coaching services** will now be available to GVSU faculty & staff. ENCOMPASS will continue to provide confidential guidance and support for challenges that confront working people and their families along with the work life resources you've come to expect.

So, if you've wanted to accomplish a new goal, or become more skilled at stress reduction, give ENCOMPASS a call to set up a life-coaching or bio-feedback session. The ENCOMPASS Professional Support Consultant will assist you to customize a strategy based on your own unique life circumstances.

GVSU faculty and staff and household dependents are entitled to 7 free sessions for both services.

Website: <http://encompasseap.com> **Phone:** 1.800.788.8630

HEALTH & WELLNESS

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