

# Coaching

**Connect with a coach to help you  
achieve your goals**



**Canopy's professional coaches are  
available by phone or video sessions  
to support you with:**

- **Goal setting and planning**
- **Healthy habits**
- **Increased resilience**
- **Decision making**
- **Communication skills**
- **Career or personal development**

**Contact Canopy for more information  
or to schedule an appointment with  
a coach. It's free and confidential:**

**call: 800-433-2320**

**email: [info@canopywell.com](mailto:info@canopywell.com)**



**canopy**