

Did you know?

Your DONCEAP provides more than just Management Coaching.

Let us help you with all your daily stressors and life challenges.

Call us day or night for counseling, or resources for the following:

- Emotional concerns
- Work
- Relationships
- Child and elder care
- Home repair
- Adoption
- Substance abuse
- Parenting
- Education
- Legal and financial
- Health and wellbeing
- Diet and nutrition
- Just about anything else.
If it's causing stress,
we can help!

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Department of the Navy Civilian Employee Assistance Program

1-844-DONCEAP (1-844-366-2327)

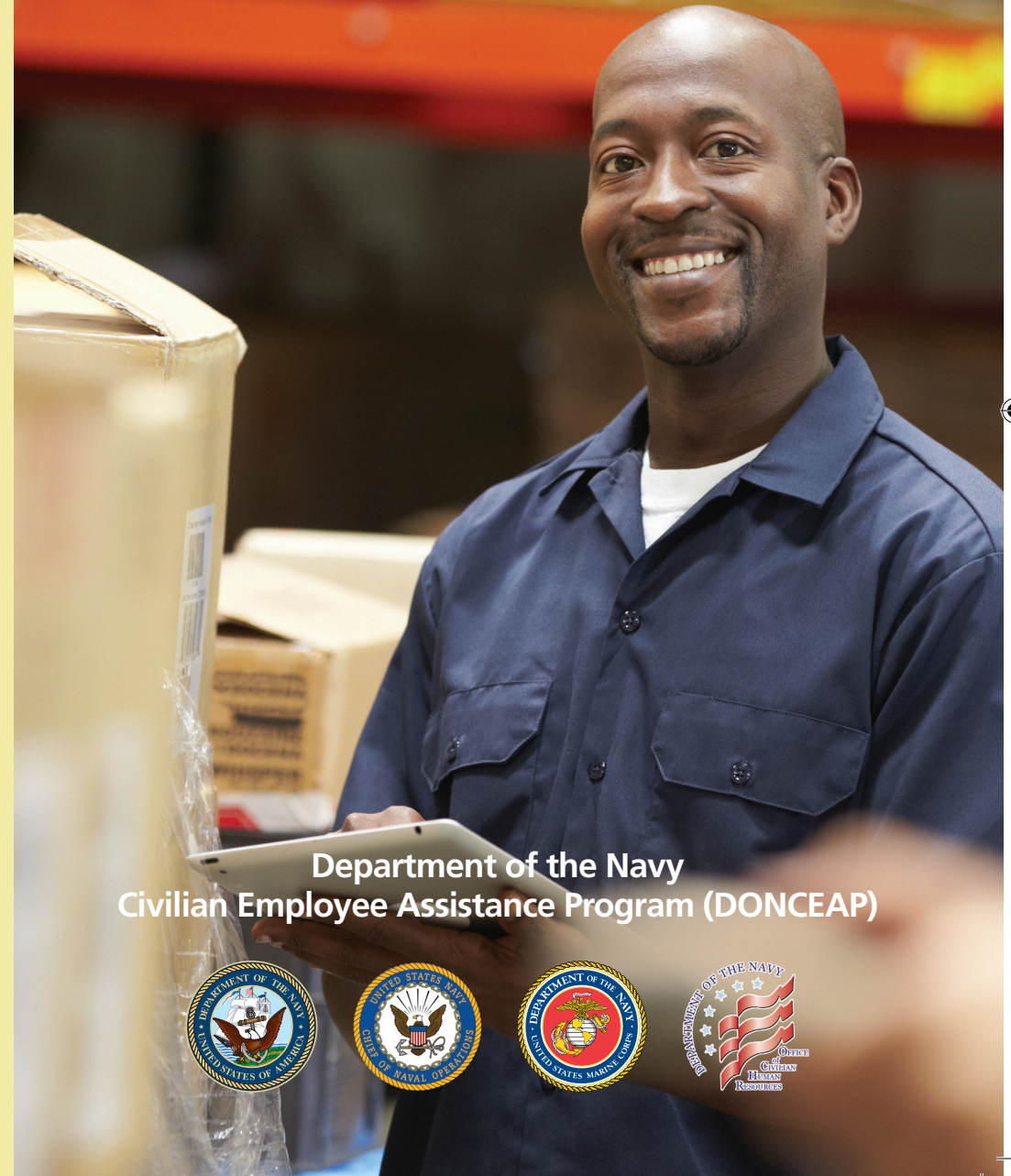
TTY: 1-888-262-7848

International: 1-866-829-0270

DONCEAP.foh.hhs.gov



Management Coaching



**Department of the Navy
Civilian Employee Assistance Program (DONCEAP)**



Maximize your personal and professional potential with management coaching services offered by the Department of the Navy Civilian Employee Assistance Program (DONCEAP).

DONCEAP's Management Coaching program focuses on the personal strengths of managers and supervisors, encourages self-awareness, and provides support to enhance their skills.

Your DONCEAP is here for all life's challenges – big and small.

Develop skills to be a better leader in today's workforce. DONCEAP's Management Coaching program will capitalize on your individual strengths while promoting self-awareness and professional growth.

Connecting with a coach and getting started is easy. When you call DONCEAP you will be assigned a coach who will set up an appointment and send you information on coaching.

You can meet with a DONCEAP coach in-person, by telephone, or a combination of the two. All coaching appointments are voluntary, personal (one-on-one), and private.

When you meet with a coach, you will identify specific goals, develop a professional growth plan, evaluate progress and make adjustments as needed.

A manager might seek coaching services for topics such as:

- Handling conflict and a difficult employee
- Developing emotional intelligence
- Balancing work and home life
- Improving management techniques or skills
- Developing communication and people skills
- Navigating change both personally and professionally

Services are offered as a **FREE** benefit from the Department of the Navy to you and your family members. Services are voluntary and confidential within the limits of the law.

The quickest and best way to contact DONCEAP is by calling:

**1-844-DONCEAP
(1-844-366-2327)**

TTY: 1-888-262-7848

International: 1-866-829-0270

**Help is also available online:
DONCEAP.foh.hhs.gov**

