



Ulliance

No cost and completely
confidential

YourSeniorCoach.com

YOUR SENIOR COACH Retiree Life Services

Your Senior Coach services are part of your benefits package and offers total well-being services to you, spouse/live-in partner and dependents under the age of 27. This is a free and totally confidential service. Call today!



Counseling

Counseling is available telephonically with a counselor close to home. Individual, family and couples counseling are all included. Short-term, solution focused support for issues such as stress, major life transitions, relationship issues, substance use, grief/loss and overwhelming emotions.



Coaching

Life Advisor Coaches offer telephonic or video support for individual life enhancement goals, such as education, adjusting to retirement, financial or self improvement goals.



Well-being Portal

Anytime access to articles, resources, healthy-living tips, webinars as well as our orientation videos.



Crisis Support

Mental health professionals are available by phone 24/7/365.



Referrals

Consultants provide recommendations for resources within the community.



Work/Life Materials

Information on a wide range of work-life balance topics are easily accessed through the portal in the form of webinars, videos and PDFs.



Legal & Financial Consultations

Ulliance professionals can connect employees with resources to assist individuals regarding legal and financial issues.