

Introducing Bravely — one-on-one professional coaching



What is Bravely?

You can use Bravely to connect with a Coach for **professional coaching** about anything that is going on at work. You can have unlimited sessions with a Bravely Coach.



How do you schedule a session?

You'll receive an activation email from Bravely! You can click the link there, or head to app.workbravely.com and create your account. (It takes less than 60 seconds.) You can **schedule your Bravely session for any time that's convenient**—before work, after work, during the day, or on the weekend.



What should you talk about?

Anything that's on your mind at work. Bravely can help you navigate **stress and change**, prepare for an upcoming **performance review**, work through a **conflict** with your coworker or manager, **develop strategies** for meeting your quotas.



Who are Bravely's Coaches?

They're professional coaches and HR experts with **years of experience** across organizations and industries. When you book a session, you'll connect with the Coach that's right for you.



What else should you expect?

Your coaching session will start with you sharing and your Coach asking some questions. Then, together, you will identify and **evaluate your options** and find an **actionable plan** to move forward.



When do you use Bravely?

Anytime you want! Bravely Coaches are **unbiased** and keep what you say **confidential**. Your Coach can help you **clarify your thinking**, put together a **strategy** and develop the **confidence** you need to move forward.

