

## **MINES & Associates adds telephonic coaching for employees and their families to its vast array employee assistance programs (EAP)**

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Press release from: [MINES & Associates](#)

Agency: **SlickRockWeb Inc.**

DENVER, CO – February 20, 2007 - MINES and Associates ([minesandassociates.com](http://minesandassociates.com)), a national business psychology firm and provider of services such as employee assistance programs (EAP), is pleased to announce an expansion of its services. MINES has added telephonic coaching to its already comprehensive array of employee assistance programs and services. This service allows for the employees and their families, belonging to any of the MINES' client organizations, to use EAP sessions for coaching via the telephone. Employees simply call in during their scheduled time to access this program and from the convenience of their own home or workplace they can speak one-on-one with one of MINES' trained professionals. These telephonic coaching sessions can be used for a variety of topics that might affect an employee such as career development, conflict resolution, parenting, relationships, and even personal goals such as weight loss or smoking cessation. Coaching sessions are a valuable way to help an employee move forward with their life, develop additional employee skills, and enhance employee / managerial relationships. All of which lead to enhanced employee productivity and lowered costs for the employer.

“With rising fuel costs and increased vehicle emissions linked to global warming why not expand the accessibility of our services through telephonic coaching and in turn do a small part for protecting the environment,” says Robert Mines, Ph.D., the founder and CEO of MINES. “Given the hectic and fast-paced lives of working Americans, providing this convenience has been a natural evolution for us.” “The primary goal of MINES & Associates, has always been to provide an EAP that is tailored to meet the growing needs of each business and our telephonic coaching service is just one more option that our client's employees can utilize to enrich the overall workplace environment”, Robert Mines added.

Through an EAP, organizations can realize returns on their investments ranging from \$8 to \$20 for every dollar spent. Early intervention by MINES in employee or member problems reduces long-term costs by providing savings in the recruitment, training, and retention of employees and by improving employee productivity for the company.

As a national business psychology firm, MINES & Associates provides a variety of services in addition to its EAP such as managed mental healthcare, organizational and cultural improvement, and behavioral risk management. MINES & Associates currently serves a diverse portfolio of clients in all 50 states, Canada, Mexico, and the UK. For more information on the telephonic coaching feature within our EAP and any of our other health and organizational psychology programs please log on to [www.minesandassociates.com](http://www.minesandassociates.com) or contact Judy Braun at 1-800-873-7138 extension 4980.

### About MINES & Associates

For over 25 years MINES & Associates has been a nationally recognized business psychology firm that provides a variety of services to corporate employers including employee assistance programs (EAP), managed mental healthcare, organizational development and psychology services, wellness programs, behavioral risk management, disease management, PPO services, and a number of other technology based services. MINES & Associates is divided into two main divisions, Organizational Psychology and Health Psychology, and currently serves a diverse portfolio of clients in all 50 states, Canada, Mexico, and the UK. Please log on to [www.minesandassociates.com](http://www.minesandassociates.com) for the latest news and information on MINES & Associates.

MINES and Associates

[www.minesandassociates.com](http://www.minesandassociates.com)

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