Professional Coaching is an opportunity to receive confidential one-on-one mentoring or team building to help individuals and teams improve leadership skills, communication, professional effectiveness and working relationships. This is an informal process where you can:

- Improve leadership and supervisory skills
- Problem solve and resolve conflicts
- Explore career options and development plans

This service is available at no cost for employees of Kennesaw State University.

To make an appointment with a certified professional coach or to arrange a team building session complete the request for services form at http://cul.kennesaw.edu/programs-services/request.php
Professional Coaching is confidential one-on-one mentoring or team building to help individuals and teams improve leadership skills, communication, professional effectiveness and working relationships. Confidentiality is honored whenever possible, and information is only released with your permission or as required by law. When challenges arise beyond the scope of professional development, there are several resources available to employees:

**Employee Assistance Program (EAP) 1-888-960-3305**

An EAP is professional help when you need it in your work or personal life. Trained knowledgeable resources provide advice for the many life issues we all face. As a KSU employee, you and your family have the benefit of a customized assistance program which offers professional counseling and consultation through Espyr. All these resources are confidential and at no cost to you.

http://hr.kennesaw.edu/benefits/employee-assistance-program.php

**Ombuds Office 470-578-7773 or 678-915-7414**

An Ombuds provides confidential and informal assistance in the resolution of university-related concerns, especially those not being addressed adequately through normal procedures. He or she is an independent person who attempts to consider all sides of an issue in an impartial and objective manner. An Ombuds cannot impose solutions but can help identify options and strategies for resolution. http://ombuds.kennesaw.edu/

**Human Resources Employee Relations Team (ERT) 470-578-6030**

Emphasizing a positive approach to informal problem resolution, the ERT provides consulting services, advice, support and referral in situations where an employee is concerned with fairness or safety in the work environment, resolution of concerns regarding terms and conditions of employment, or application of policy and procedures.

http://hr.kennesaw.edu/

**Office of Institutional Equity (OIE) 470-578-5189**

The OIE is responsible for ensuring that KSU complies with all applicable laws and policies regarding discrimination on the basis of race, color, sex (including sexual harassment and pregnancy), sexual orientation, gender identity, gender expression, ethnicity or national origin, religion, age, genetic information, disability, or veteran status. The office also conducts discrimination and harassment prevention and awareness training.

http://equity.kennesaw.edu/index.php