



Modern Health Coaching

For performance reviews

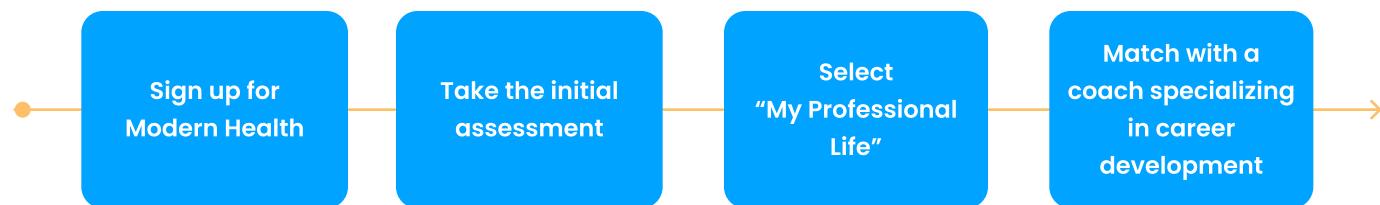


Performance reviews can be an opportunity to review your accomplishments and chart a path for your career growth. As part of this process, you might participate in exercises including self-reflection, feedback cycles, and developing a growth plan.

As you approach your upcoming performance review cycle, Modern Health coaching can help you gain confidence and set goals so you can go into the review process with clarity and come out with purpose.

Work with your Modern Health coach to discuss strategies to:

- ✓ **Identify your accomplishments** over the last review cycle
- ✓ **Convey your performance** over the year
- ✓ **Determine your short-term and long-term career goals**
- ✓ **Give and receive feedback**
- ✓ **Advocate for a merit increase or promotion**, where appropriate
- ✓ **Work on a career development plan** to put the feedback you received into practice



If you already have a Modern Health coach and want to give career coaching a try, contact us at help@joinmodernhealth.com. The Modern Health Support Team will get you connected.

Modern Health is your mental wellness benefit.

Access to personalized 1:1, group, and self-serve resources for your wellbeing, so that you can be the best version of yourself — at home, at work, and in your relationships.

Scan this QR to get started. Or visit [Modern Health](#).

