

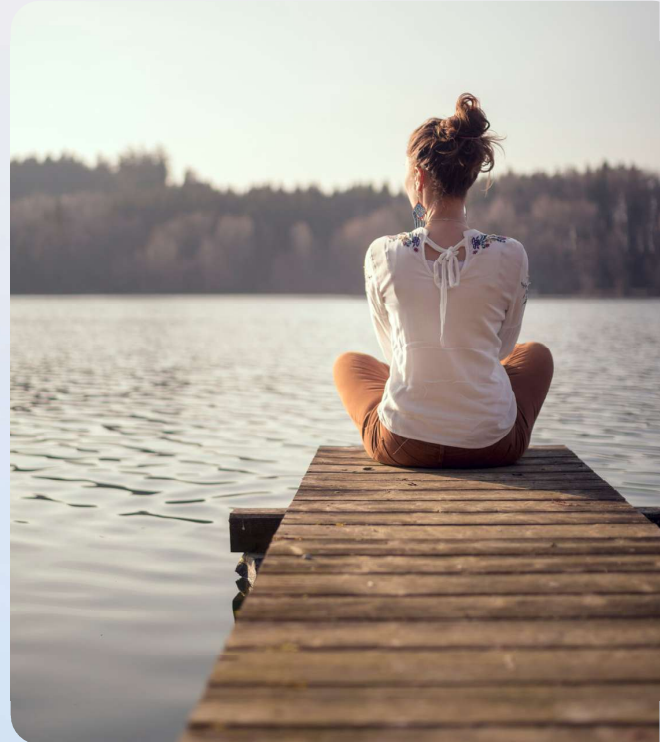
Well-Being Coaching from your GuidanceResources programme

Discover physical, social, and emotional balance

In today's high-pressure world, our well-being often takes a back seat to the demands of work and family life. As a result, our mental, physical, and emotional balance can suffer. The Well-Being Coaching programme from your ComPsych® GuidanceResources® programme can help you regain that balance so you can be your best, at work and at home.

Connect today with one of our certified coaches. They work one-on-one with you to reduce roadblocks and risks — addressing aspects of health and well-being holistically. The services are available over the phone or via secure video link and cover a variety of topics, including:

- Burnout
- Coping with stress
- Balancing competing needs
- Finding motivation
- Developing self-compassion
- Improving sleep
- Goal setting
- Weight management
- Building resiliency
- Tobacco and nicotine cessation
- Time management



We're here for you.

To schedule coaching, call your toll-free number. Our caring coaches can help you tackle whatever stands in your way so you can get back to being your best, at work and at home.



Call: See reverse side to locate your country's number **App:** GuidanceNowSM
AECOM employees can log in directly through Okta single sign on (SSO). Select your country location flag, if needed.
For AECOM employees not connected to SSO or for family members of AECOM employees, visit guidanceresources.com (Company Web ID: AECOM). After entering "AECOM" you will be required to select the country you work in.

Country	Number	Country	Number
Australia	1.800.377.275 / 1300.956.253	Monaco	1.312.595.0074 (US Call Center)
Bahrain	8000.6882	Netherlands	0.800.020.0726
Belarus	8.820.0011.0248	New Zealand	800.451978
Belgium	0800.261.74	Oman	800.77634
Brazil	0.800.591.7011	Panama	507.833.9094
Canada	(French) 877.616.0509 (English) 800.497.9096	Peru	0800.54669 / 51.17071294
Chile	56.44890918	Philippines	63.283953309 / 180013220491
China	400.1200.746	Poland	0.0.8001113839 / 48.223071506
Colombia	57 601.3819249	Qatar	00800.100.071
France	805.081906	Romania	800.360644
Germany	0800 3007347	Russian Federation	8.800.100.6459
Ghana	0260.000.514 / 233.24.2426126	Saudi Arabia	800.844.8872 800.814.1382 (STC) Landline & Mobile
Greece	800.8481276	Singapore	800.852.3937 / 65.3158.6529 Mobile
Hong Kong	800906126	South Africa	080.0991590 / (+27) 875502184 Mobil
India	000800.100.4444 / 91.9818711035	Spain	900.868553
Indonesia	001.8030152046091 / 62.2139524544	Sweden	20.0753498
Ireland	1.800.948.327	Switzerland	0800 562 534
Italy	800.788.706	Taiwan	00801.12.6953
Japan	0800.222.0349	Thailand	180.001.9270
Kazakhstan	8.800.080.81.87	Trinidad and Tobago	1 800 201 1720
Macao	853.62625202 / 853.626.35208	United Arab Emirates	800.032051
Malaysia	1.800.813.685	United Kingdom	0800 917 5320
Mexico	800.681.9591 / 52.3341708343	United States of America	866.501.7962