

MarineAdvisor

Coaching for Personal Success

FREQUENTLY ASKED QUESTIONS



Marines and Sailors

What is MarineAdvisor?

MarineAdvisor is a personal coaching program designed for active duty Marines and Sailors. MarineAdvisor can help you to achieve your personal goals or make changes in any area of your personal life, such as wellness, money management, work/life balance and career development. We assign you a personal coach to help you create a personal action plan to attain your desired goals.

Who is eligible?

Active duty Marines and Sailors assigned to the U.S. Marine Corps who have *deployed at least once*.

How much do the coaching services cost?

The coaching services are provided at no-cost to participants. The program has been funded by the U.S. Navy Bureau of Medicine and Surgery.

How can MarineAdvisor coaching help me?

MarineAdvisor coaches help you set and achieve goals in any area of your life. They help you describe what you would like to achieve. Then, our coaches help you develop a vision of success and create a practical action plan. They help you overcome obstacles and set-backs. Like athletic coaches, MarineAdvisor coaches help you stay motivated and stay on track towards achieving your goals.

In what areas can I use coaching?

Coaching can be applied to any area of life in which you want to create an improvement or make a change. Some examples include weight management, physical fitness, nutrition, quitting tobacco, sleep habits, financial and career goals, health condition management, stress management, parenting, family, relationships, moving, and retirement or separation. Each person is different and will have different goals for their life.

How is coaching different from other services?

MarineAdvisor does not provide counseling or mental health services. The coaches do not diagnose or provide treatment. They do not provide advice or recommend solutions. The coaches help you focus on the present and how you can achieve your goals for the future. The coach acts as your partner in a change process that helps you achieve whatever goals you set.

How many coaching sessions am I allowed?

There is no limit to the number of coaching sessions. Our coaches will work with you until you achieve your goals. However, you may stop coaching services any time you want. All you have to do is tell your coach that you would like to stop receiving services.

Is MarineAdvisor confidential?

Yes. MarineAdvisor coaching services are completely confidential except in emergency situations that require reporting by law. They do not become part of a service member's medical or personnel records

When and where can I access coaching?

MarineAdvisor coaching services are available Monday through Saturday 0800 to 2400 EST, excluding Federal holidays. You will be able to work with your personal coach by phone, email and text from any location.

How can I sign up for MarineAdvisor coaching services?

Eligible Marines and Sailors can sign up for the program by calling 855-763-7542 or visiting <https://www.mymarineadvisor.com>.

