

MarineAdvisor

Coaching for Personal Success

FREQUENTLY ASKED QUESTIONS



Small Unit Leaders

What is MarineAdvisor?

MarineAdvisor is a personal coaching program for Marines, Marine Reservists and Sailors, assigned to Marine Corps units, who have deployed at least once. MarineAdvisor can help Marines and Sailors achieve their personal goals in areas such as wellness, money management, work/life balance and career development. Participants work with a personal coach to identify their goals, create an action plan and stay on track.

How does this program support small unit leaders?

Small unit leaders can suggest coaching to their Marines and Sailors to help make progress on goals they have set with them—or on any of their personal goals. Coaches work one-on-one with Marines and Sailors for as long as it takes to reach their goals or make a change. Marines and Sailors can often make greater progress and achieve better results working with a coach, than they can working alone. Also, small unit leaders may use MarineAdvisor coaching to develop their own coaching skills and apply coaching strategies with their Marines.

Who is eligible?

Marines, and Sailors assigned to Marine Corps units, who have completed at least one deployment. Marine Reservists who have deployed at least once are eligible for services, including those serving in Select Marine Corps Reserves (SMCR), Active Reserves (AR), Individual Mobilization Augments (IMA) and Individual Ready Reserves (IRR).

How much do the coaching services cost?

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

How can MarineAdvisor help Marines and Sailors?

Working with a coach can help Marines and Sailors achieve better progress and results with their goals. A coach helps them get clear about their goals, create a personal action plan, anticipate and overcome obstacles and stay on track. Like athletic coaches, MarineAdvisor coaches help Marines and Sailors stay focused and motivated, so they can achieve better results.

In what areas is coaching used?

Coaching can be applied to any area of life in which a Marine or Sailor wants 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, preparing for deployment, moving, retirement or separation. Small unit leaders can help Marines identify specific areas where coaching could be of help.

How is MarineAdvisor coaching different from other services?

MarineAdvisor services are different because coaches don't diagnose or provide treatment or advice. The services are not medical. Coaches are like personal trainers, helping Marines and Sailors to make better progress and achieve more with whatever goals they set. Coaches can help participants take action on guidance or advice from other service providers, such as education, career, personal finance or health professionals.

How many coaching sessions are allowed?

There is no limit to the number of coaching sessions or the number of times eligible Marines and Sailors can work with a MarineAdvisor coach. Our coaches will work with them until they achieve their goals. After that, they can come back as often as they want, whenever they have new goals. For eligible Marines, this benefit is available for as long as they have obligated active duty or reserve service. Eligible Sailors can use the services for up to 90 days after they have been reassigned from a Marine Corps unit.

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.

What are your operating hours?

MarineAdvisor coaching services are available Monday through Saturday 0800 to 2400 ET, excluding federal holidays. MarineAdvisor services are available by phone, email and text from any location. MarineAdvisor services are not available in person.

Refer a Marine or Sailor to MarineAdvisor or contact us for more information today.

Call 855-768-7542, email info@mymarineadvisor.com or visit <https://www.mymarineadvisor.com>.

