



MyLifeBalance – Virtual Coach - Assessment Tools

In the password protected MyLifeBalance section, LifeBalance members create a free account to use the **LifeBalance Virtual Coach**. The LifeBalance Virtual Coaching tools aim to help members examine their current habits while offering suggestions for improvement through useful information and tips from local experts.

All LifeBalance assessments are simple and straightforward highlighting a short series of assessment questions and require only about two or three minutes to complete.

Current LifeBalance Assessments Include:

- My Physical Fitness
- My Nutritional Wellness
- My Green Living
- My Community Involvement
- My Stress Management

The assessments within the LifeBalance Virtual Coach were developed specifically to educate members on the choices they make toward physical fitness, nutrition, green living, community involvement and stress and how those choices play a key roll in complete work/life balance.