



# EAP & Vermont Leaders in Education 2020 Leadership Academy

It's been quite a year so far. As you roll out new schedules, prepare for the challenges that we face in protecting our school communities from COVID-19, address structures of equity and racism, support employees, advocate for students, spend hours in web meetings and navigate community concerns - it is only normal that you might also feel anxious, feel stressed, lose sleep and seek an outlet.

Your **local, free, independent Employee Assistance Program** is here for you. Talking through challenges in a private, non-judgmental space is helpful.

Invest EAP provides free, confidential workplace consultation and individual assistance to Vermont Leaders in Education.

We are available via **phone- or video-based support.**

**Call today. 1-888-392-0050**



“ I was feeling completely **overwhelmed with the world**, and work was so **stressful**. **EAP** helped me regain a sense of balance and resiliency, and I've been doing much better. ”

TESTIMONIAL FROM A LOCAL NEW ENGLANDER WHO ACCESSED INVEST EAP



## REDUCING ANXIETY IN SCHOOLS

Use EAP to manage your personal stress, support employees to attend to theirs, so collectively you can effectively assist students.



## CULTIVATING EQUITY

As you lead your employees and the community through a change process, use EAP as a confidential space to reflect on your practices and set intentions.



## CREATING CULTURE

If we want students to love going to school, then we need employees who love their jobs. This is no minor task. Use EAP as your thinking partner in this ongoing process.



## ATTAINING YOUR GOALS

Goal setting is all about behavior change and this is where EAP has expertise. As a manager, use EAP to align your goals with your intentions and desired outcomes.

COUNSELING

RESOURCES

REFERRALS

MANAGER SUPPORT

TOTAL WELLBEING



Centers for Wellbeing

**Manager Line  
1-888-392-0050**

**WWW.INVESTEAP.ORG**

Create a login.

Organization Password: VSBIT

*Invest EAP is a member benefit provided by the Vermont Education Health Initiative.*