



## ***Educator Peer Coach Bios***

VITAL WorkLife offers Educator Peer Coaching as part of our EAP solutions. An Educator Peer Coach is a confidential, knowledgeable sounding board for discussing concerns, such as:

- High levels of stress and low levels of autonomy
- Improving time management skills
- Negative feedback from leadership, peers, parents or other staff
- Difficulty balancing the demands of family and work responsibilities

Our Educator Peer Coaches are PhD and master's level counselors, therapists, licensed teachers, coaches and consultants, all with deep experience and expertise in education and family counseling. Our Educator Peer Coaches have worked in traditional and special education classrooms, in inner-city schools, in post-secondary education, been school board members and more. With their robust and thorough experiences, our Educator Peer Coaches understand what teachers today are going through and can provide confidential and professional support for their concerns and professional development.

### **Richard Fulton, PhD, LMFT**

Dr. Richard Fulton is an EAP Consultant & Educator Peer Coach for VITAL WorkLife. He is a Licensed Marriage and Family Therapist (LMFT), consultant and counselor/therapist in private practice in Jacksonville Beach, Florida. He has more than 30 years of clinical experience providing services to individuals, couples, families and organizations. In addition, Dr. Fulton was previously a high school teacher as well as an assistant professor of psychology for six years.



Dr. Fulton has extensive experience in providing direct counseling services to teachers, and has been conducting teacher evaluations and treatment plans for over 30 years. He was previously an Evaluator for Florida Public School Teachers, a state program for teachers needing improvement. In addition to working with teachers and school districts, Dr. Fulton has provided all aspects of EAP services, including consultation services for managers and supervisors regarding employee issues, training for employee groups and executive teams and critical incident responses.

### **Melissa Winship**

Melissa Winship is a Licensed School Counselor and a Board Certified (BCC) Life Coach. Melissa worked for 10 years in Intermediate District 287 as a School Counselor at an ALC, and currently works as the Homeless/Highly Mobile School Counselor with Minneapolis Public Schools. In 2021, Melissa started her own life coaching business - Melissa Winship, Life Coach LLC.



As an educator, Melissa found that practicing true, authentic self-care was often put on the backburner, but as helpers, we **MUST** take care of ourselves, which is why she specializes in supporting educators who are looking to take a deep dive into self-care, and who are looking to once again find joy in their lives and careers.

Melissa has a BS in Human Development from SUNY Empire State College, an MA in School Counseling & Psychotherapy from Adler Graduate School, and she completed the Board-Certified Coach Training from the Institute for Life Coach Training and received her BCC (Board Certified Coach) credential from the Center for Credentialing & Education.

## **Mary Dahnert, MA, LMFT, LPC**

Mary Dahnert is an Educator Peer Coach for VITAL WorkLife. She is a Licensed Marriage and Family Therapist (LMFT) and Licensed Professional Counselor and therapist in private practice in Chaska, Minnesota. Mary received her master's in counseling and Psychotherapy in 1998, and provides behavioral health and therapy services for individuals, couples and families. Dahnert has developed a clinical focus on diagnosing and treating co-occurring challenges of mental health and addiction. In addition, Mary currently holds a Minnesota Teaching License, and has experience as a special education teacher (grades 1-12) and in vocational education (grades 7-12), as well as a license in Professional School Counseling (grades K-12) in Minnesota. With this background, Dahnert understands educational concerns and challenges of children, post-secondary learners, parents and teachers.