



# Feeling like no one gets it?

As an educator, you might feel overwhelmed by responsibility and unfair expectations. Our peer coaches are compassionate listeners who understand the work, life and family challenges you face—and have empathy for it all.

Talk to someone who understands your perspective.  
Call **800.383.1908** to access your confidential, one-on-one, telephonic Educator Peer Coaching services.

Your Educator Peer Coach is a **confidential** and **knowledgeable** sounding board for discussing concerns, such as:

- Navigating high levels of stress and low levels of autonomy
- Balancing work and family responsibilities
- Coping with staffing shortages, school safety threats and how to actually apply self-care
- Bullying and hostility from peers, leadership or parents
- Supporting the diversity of students in your classroom

Ready to talk to someone who gets it?  
Call **800.383.1908**, visit **VITALWorkLife.com** or **scan the QR Code** to contact us about Educator Peer Coaching.

