



Checking in with Administrators and Leaders

Dear Administrator Friends,

Our VEHI PATH health coaching expert, Gail Johnston, has put together a session on “getting started” this year facilitating a bit of a road map for managing people.

She'll have more sessions for you specifically as Administrators, but this very first session is super timely if you're in need of sparking ways to respectfully supervise.

A) Here is a link to the video session: <https://vimeo.com/742414965/05ffc8ee21>

B) There is a companion handout with a list of the questions she asks for setting up the year as well. Here is the link to that

PDF: <https://drive.google.com/file/d/1RKOL0kpFKekeLV8EvD8Z98hhtyLz-ZYd/view?usp=sharing>

And just a reminder...

Two great constant and trustworthy resources for you throughout the year are:

- 1) Progress Coaching – log into your PATH account and access a coaching appointment right from your main dashboard.
- 2) Invest EAP – short term counseling, crisis management, supervisor support, and mediation for difficult work situations. Supervisor/Manager Hotline: 888-392-0050. For individuals, call 800- 287-2173 or visit www.investeap.org.

All our best,

The VEHI PATH Team

Gillian, Amy, Ashley, Bobby-Jo, and Jessica (to reach us, click a name, or add vsbit.org to any of our names and we'll help you out as fast as we can)

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