



Excelling at Work & Life

Being Your Best Self Webinar

Presented by TriHealth EAP

Wednesday, April 14, 10 a.m. – or – Thursday, April 22, 12 p.m.

Goals are great, but we need to know how to reach them. In this presentation, we will explore values, strengths, and passions, as well as learn tips to increase motivation, organize time, and change habits to support the goals that are most important to us. [To register for this 60-minute webinar, please call 513 977 2165, email \[TriHealthEAP-CST@TriHealth.com\]\(mailto:TriHealthEAP-CST@TriHealth.com\) or \[register online.\]\(#\)](#)



Laura Jackson, LISW, LICDC, SAP
Specialty Treatment Coordinator
TriHealth EAP

With more than 10 years' behavioral health experience, Laura's work with TriHealth EAP includes counseling, substance use evaluations, on-call intervention, disability case management and serving as a company liaison.



Kate Schlouch, MS
Wellness Coordinator, Health Coach
TriHealth Workplace Wellbeing & Fitness

In her role as a wellness coordinator and health coach, Kate develops and delivers health promotion services and education for employees of area organizations. She excels at guiding others in their pursuit of healthier lifestyle habits.



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