



## Excelling at Work & Life

Presented by TriHealth EAP®

# The Importance of Living Life on Purpose

### Webinar

Thursday, July 9, 12:00 – 1:00 p.m.

Wednesday, July 22, 10:00 – 11:00 a.m.

Living life on purpose means intentionally aligning your actions with your core values to create an authentic, fulfilling life. It's about setting clear goals, taking consistent steps toward them, sharing your unique gifts with the world, and embracing continuous growth. In this session, you'll learn how to identify your core values, evaluate priorities, and explore how adopting a growth mindset can transform your perspective and your life.

To register, call 513 977 2165,  
scan the QR code, email  
[TriHealthEAP-CST@TriHealth.com](mailto:TriHealthEAP-CST@TriHealth.com)  
or [register online](#).



**Laura Jackson, LISW-S, LCSW, LICDC, SAP**  
TriHealth EAP, Specialty  
Treatment Coordinator

Laura has over 14 years of experience in behavioral health. She obtained an undergraduate degree in Addiction Studies and a Master of Social Work, both from the University of Cincinnati. She holds an independent social work license in both Ohio and Kentucky, as well as an independent chemical dependency license in Ohio. Previously, Laura worked in community mental health as a counselor, supervisor, and addiction specialist. Laura's professional experience at TriHealth EAP includes counseling, substance use evaluations, on-call intervention, disability case management, and service coordination.

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