

Best Care EAP Presents...

FIRST QTR/2022

Join us for webinar training from Best Care EAP consultants and experts in the business!

January 18, 9 -10 am

[How to Attract, Engage and Retain Good Talent](#)

Tonya Vyhldal, Gallagher, Senior Regional Wellbeing & Engagement Consultant

What does that look like? It's a workplace where people feel they belong — where there's a stronger sense of developing a career than punching a clock. And a culture of opportunity that draws new talent because it inspires employees to deliver their personal and professional best. Come learn more about what Tonya has to say about this and specifically, learn more about Gallagher's Better WorksSM model which is centered on the full spectrum of organizational wellbeing — strategically investing in your people's health, talent, financial wellbeing and career growth.



February 8, 9 - 10 am

[Dreaming of Better Sleep](#)

Dave Dechant, Training Consultant, Best Care EAP

It's the one of the most basic and innate characteristic of human behaviors, yet it's also completely underrated. Proper sleep hygiene is directly connected to energy/productivity, mood/emotion regulation and our overall health and wellness (oh, and even living longer). The National Sleep Foundation advises that healthy adults need between 7-9 hours of sleep per night, yet more than 35% of us aren't getting near that amount. Rise and shine and join us on February 8th at 9am to talk about helpful tips related to better sleep and getting you to your optimal performance each day.



March 8, 8 - 9 am

[The Authenticity Gap](#)

Ralph Kellogg, AVP, Human Resources, Lutheran Family Services of Nebraska

Companies advertise a more diverse and inclusive workplace, but don't go beyond the basic diversity and inclusion statement. Ralph will facilitate a discussion for an inclusive work environment by carefully dissecting what it takes for organizations to be "authentic." It takes hard work and practice. You do not need complete understanding of it, only a willingness to listen and a desire to remain curious without judging.



To register, click on the title. Questions?
Email EAP@BestCareEAP.org or call 402-354-8000