



Excelling at Work & Life

Presented by TriHealth EAP®

Revving Our Engines - Getting Motivated to Change Webinar

Wednesday, January 14, 10:00 – 11:00 a.m.
Thursday, January 22, 12:00 – 1:00 p.m.

This session empowers participants to cultivate motivation and prepare for meaningful personal or professional change. Through practical strategies and mindset shifts, attendees will gain tools to overcome resistance, build confidence, and take actionable steps toward their goals.

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



**Judith A Gissy, LPCC,
LICD, NCACII, SAP**
TriHealth EAP, Specialty
Treatment Coordinator

Judith Gissy is a master's-level licensed Professional Clinical Counselor and a Licensed Independent Chemical Dependency Counselor. She has worked as an Addictions Counselor for the past 40 years, where she has also worked with a broad array of mental health and emotional wellness issues. She currently works as a Treatment Coordinator and Trainer with TriHealth EAP, where she conducts individual counseling sessions, employment-related assessments, and training on a variety of subjects.

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