



## Excelling at Work & Life

Presented by TriHealth EAP®

# Gratitude and Perspective: Tools to Thrive | Webinar

Wednesday, Jan 15, 10 – 10:30 a.m.

Thursday, Jan 23, 12 – 12:30 p.m.

This presentation will focus on how gratitude and perspective can positively impact our resilience and mental health. We will break down what these concepts mean and share practical tips for weaving gratitude and perspective into our everyday lives

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



**Patty Banks, LSW,  
LPCC-S**  
TriHealth EAP, Clinical  
Supervisor

Patty has over 30 years of experience in behavioral health. She holds a B.S. degree in Psychology from John Carroll University and a Master of Education degree in Community and Agency Counseling from Xavier University. Patty has worked for TriHealth EAP since 2012. Previously, Patty worked in community social services and university student development. Patty's professional experience at TriHealth EAP includes administration, counseling, management consultation, training, on-call intervention, disability case management and company liaison.

**Scan the QR code to register.**



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