



Linda Golik, NBC-HWC

Health and Wellbeing Consultant
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As Emplify Health's - Health and Well-being Consultant, Linda Golik utilizes every bit of her 25-plus year background in multimedia and health and wellbeing. She is responsible for leading Emplify Health's Lifesaver Wellbeing Program; a free resource offered to employers and anyone who is looking to integrate a culture of well-being into their workplace or lives. Linda's passion for helping folks carve out wellness goals, and her savviness in program development, has guided her in making a greater impact for employers all over the Midwest. You can see her on local news segments, at community events, on stage as a keynote speaker, or on her two podcasts "Mental Health Moments" and "Prescription for Life."

With attention to the needs of health care staff at Emplify Health by Bellin, Linda has developed resources to help healthcare staff face the obstacles of increased care giver stress and burnout in the aftermath of worldwide changes. Linda developed a webinar series that could be shared with staff as well as our bigger community in partnership with a licensed Behavior Health Therapists called "Mental Health Moments." The series helps give practical advice and inspiration to help people tend to their mental wellbeing. She also hosts "Prescription for Life" which highlights people's stories to build connection and well-being awareness in the community.

Linda also played a vital part in developing and is the spokesperson for an internal culture changing series for healthcare staff called "Civilitas." Emplify Health by Bellin is in their 6th year of implementing this cultural movement that is helping both health and well-being and retention and safety in the organization. Today Linda is passionate about helping organizations work on their culture so it can positively impact the wellbeing and engagement of their employees.