

**Sara Tarca, M.Ed.**



**As a Senior Wellbeing Strategy Consultant for OneDigital**, *Sara Tarca* utilizes over 20 years of experience in the Health and Wellbeing industry to support employers as they look to navigate workforce health improvement. Throughout her career, Sara has provided insight, strategy and trend analysis as related to cost containment, benefit design, health improvement, and value proposition. Her experience working “both sides of the table”, first as a practitioner (personal trainer, health coach, clinician), then advisor and benefits administrator, has allowed Sara to develop a unique understanding of individual performance and organizational outcomes.

Sara is actively involved in cultural assessment, benefits integration, and leading practices related to workforce optimization. A self-proclaimed super-advocate of Wellbeing as the missing performance link, Sara plays an integral role in advancing appropriate clients towards a state of organizational empowerment, using multi-year strategic planning aligned with executive intention. Sara enjoys presenting at conferences and seminars, where her passion to promote and elevate Wellbeing as a business strategy, is evident. Sara strives to assist clients in cultural evolution, from any starting point, and with the ultimate objective of creating thriving organizations.

Sara earned her graduate degree from the University of Connecticut, with a Masters in Sport and Exercise Science and has held certifications from most major industry leaders, such as National Strength and Conditioning Association and American College of Sports Medicine. Sara is also certified through Duke University’s Quit Smart program, and has completed the Health Coaching program through WellCoaches.

While she loves her work at OneDigital, Sara is also passionate about spending time away from the office. A lifetime resident of Connecticut, Sara and her husband are new “empty nesters” and can be found on hiking trails, bike paths and in quiet corners that allow for mindful and grateful contemplation. Sara can be contacted via Linked In or email at [starca@onedigital.com](mailto:starca@onedigital.com).