

Valerie Bestland started her EMS career in 1995 as a volunteer EMT, transitioned to paramedic in 1998, and accepted a critical care flight position in 2001, where she continues to work today. She married Drew in 2002 and together they have three children and a pair of dogs. Valerie is the founder and CEO of “All EMS Women,LLC” an interactive web-based community that provides support, well-being education, coaching, and events for women who work in all areas of EMS. Valerie uses her expertise and decades of EMS experience to mentor other women in the EMS industry as a blogger and podcaster, and brings her passion for wellness to her community as a yoga teacher. You’ll never catch Valerie without a cup of coffee in her busy hands, she loves traveling, and her camera roll is filled with photos of beautiful sunsets.