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Diana Bishop is a design and delivery consultant and Board Certified Health and Wellness Coach with the Regional Center For Healthy Living at Kaiser Permanente in Southern California. In addition, she is a Certified Trauma Sensitive HeartMath™ facilitator. Diana began her career at Kaiser Permanente thirty years ago, supporting the Adverse Childhood Experiences Study with Dr. Vincent Felitti at the Positive Choice Integrative Wellness Center. Diana has been a national guest speaker for the Wellness Council of America and for the National Wellness Institute. Currently, Diana provides clinical virtual health education classes through the Regional Center for Healthy Living's worksite wellness team.