



**Natalie Johnson, M.S.**

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Natalie Johnson is a consultant and trainer with over 30 years of experience working with employers, health care systems and insurance carriers. She is the co-founder and chief visionary of ViDL ("vital") Solutions, a forward-thinking organization focused on helping companies improve culture and business performance through supporting employee well-being, improving team dynamics and building courageous leaders. Specifically, Johnson's work focuses on developing strategies and initiatives to ignite behaviors that align with values. With a background in exercise physiology, performance nutrition and performance psychology, she is an industry-recognized health coach, performance coach, sports nutritionist and performance trainer. Johnson has received a variety of awards, including Healthcare Hero, Champion of Healthcare, Health Program Innovation Award, Corporate Wellness Leadership Award and Business Leader Woman Extraordinaire. She is a certified Dare to Lead™ facilitator and a sought-after keynote speaker. Johnson can often be found leading groups of all sizes through inspiring and practical sessions that leave them equipped to take better care of themselves and their teams.