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Rebecca Johnson is the co-founder and chief integrator of ViDL Solutions, a forward-thinking company that helps people, teams and organizations function at full capacity. In addition to overseeing daily business operations, Johnson works directly with clients providing consulting, training and coaching services. Johnson has more than 25 years of experience in a diverse array of roles focused on helping individuals and organizations step into the next best version of themselves, including individual and family therapist, corporate trainer, group facilitator, performance and leadership coach, and cultural transformation consultant. Johnson is known for her authentic style and for her ability to communicate complex information succinctly, facilitate difficult conversations that might not otherwise be had, and leave others with practical ideas they can use right away. Johnson has a master's degree in counseling education and holds multiple certifications, including Licensed Developing a Leadership Mindset™ Facilitator, Certified Thriving Workplace Culture Consultant™ and Certified Wellcoaches® Coach.