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Dr. Sara Johnson is the co-President and CEO of ProChange Behavior Solutions, a behavior change consulting firm and solution provider that empowers people to experience life-changing breakthroughs in health and well-being. She is also the Senior Research Fellow for the Health Enhancement Research Organization, a think tank that connects science and practice to demonstrate the value of a health and well-being employer ecosystem. Dr. Johnson also serves as the Chair of the Art and Science of Health Promotion Conference and Co-Editor of *Knowing Well, Being Well*. At ProChange, she has been responsible for generating and leading the implementation of innovative research and development opportunities. She has been the principal investigator on over \$11 million in National Institutes of Health and CDC-funded grants and contracts and has more than 40 publications. Dr. Johnson also leads consulting engagements that enable clients to infuse best practices in behavior change science into individual and organizational initiatives to improve well-being. In 2023, Dr. Johnson was recognized as one of the Ten Most Influential Women Scholars in Health Promotion. In 2019, Dr. Johnson received the Health Enhancement Research Organization's Mark Dundon Research Award and was named one of the 50 on Fire by Rhode Island Inno. Prior to that, she was named the Health Care Services Woman to Watch by Providence Business News and a Top 10 Health Promotion Professional by the Wellness Council of America.