



Rebecca Johnson, M.S.

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Rebecca Johnson, M.S., is the co-founder and COO of ViDL Solutions, a forward-thinking company that helps organizations and individuals function at full capacity. In addition to her role as COO, Johnson serves as a lead consultant, trainer and coach, working directly with clients who are ready to transform their culture, develop courageous leaders, improve team performance and better support employee well-being. She has worked as an individual and family therapist, a health educator, a corporate trainer, a performance and leadership coach, and a cultural transformation consultant. Johnson is known for her ability to connect with people on a heart level, facilitate difficult conversations that might not otherwise be had and leave participants with practical strategies they can use right away. She holds a master's degree in mental health counseling and has more than 25 years of experience in a diverse array of roles focused on helping others step into the next best version of themselves.