MENTAL & EMOTIONAL WELLBEING WORKSHOP
WITH ERIN JOHNSON

JOIN US FOR VIRTUAL MENTAL & EMOTIONAL WELLNESS SEMINARS FROM 5:00-6:00PM PST

- STRESS MANAGEMENT & SLEEP - July 12th
- HEIGHTENED FOCUS & CONCENTRATION - July 14th
- IMPROVED EMOTIONAL INTELLIGENCE - July 18th

ABOUT ERIN JOHNSON:
Erin Johnson is the founder of EQANIM Wellness; a company that integrates meditation and science for corporate programs and retreats. She also founded GLISTEN; a company that focuses on teaching meditation and mindful nourishment to professionals in private practice. She has been working with clients in private practice for 5 years and launched EQUANIM Wellness in September of 2019 to reach a larger audience. Prior to founding GLISTEN, she spent 11 years in marketing strategy and business intelligence roles and The Economist and Forbes in New York City.

Erin has a certification in mind-body healing from IIN. She also holds a BA in economics and international relations from the University of Pennsylvania and an MBA from Stern School at NYU where she specialized in marketing and entrepreneurship.

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