



natalie johnson

Professional Speaker, Performance Coach & Consultant

About

Natalie Johnson is a renowned consultant, performance coach, and business motivational speaker with over **three decades of experience transforming cultures worldwide**. As the Co-founder and Chief Visionary of Vidl Work, Natalie specializes in optimizing culture and organizational performance by increasing energy, fostering team connections, and developing courageous leaders. With a background in human performance, including psychology, physiology, and resilience, she is a sought-after speaker and trainer, known for providing engaging, high-energy experiences. Natalie's dynamic speaking style and expertise in topics such as intentional culture, courage in leadership, and effective communication have made her a respected figure in the business world. **Her ability to inspire and empower audiences to achieve their full potential** has made her a valuable asset to organizations seeking to thrive in today's competitive landscape.

Achievements

- Human Performance Psychology Expert
- Certified *Dare to Lead*™ Facilitator
- BS Degree in Human Performance
- MS Degree in Wellness Promotion
- Certified Function at Full Capacity Facilitator
- Certified Wellcoaches™ Coach
- Certified Corporate Athlete Facilitator
- **Awarded** Business Leader Woman Extraordinaire, Health Program Innovation Award, Healthcare Hero, Champion of Healthcare and Corporate Wellness Leadership Award and Enterprising Women of the Year

Links

- [Bio Reel](#)
- [Navigating Change in the Workplace](#)
- [Rethinking Corporate Wellness](#)

Trusted By



Topics

Intentional Corporate Culture, Dare to Lead™, Coaching for Leaders, Above the Line: Effective Thinking for Today's Workplace Challenges, Call to Connection:, Navigating Change at Work, Trust: The Secret Ingredient, The Comeback, Creating a Culture of Accountability, Courageous Communication, Optimize Performance Through Energy Management, Your Emotional Impact, Mastering Mental Focus, Stress: It's Your Superpower!