



## PROFILE

An award winning, high energy trainer and coach, Natalie has over 30 years' experience working with individuals, employers, healthcare systems and first responders to improve performance, prevent burnout and align behavior to purpose. She is described by her clients as having a contagious energy, personable, insightful, generous, and creative.

Natalie has experience coaching individuals, small and large groups and is known for her creativeness and ability to think outside the box. She focuses on a variety of topics including resiliency, emotional intelligence, daring leadership, energy management, fitness, sleep, nutrition, and mindfulness. She has extensive experience with women, healthcare professionals, law enforcement, the federal government and executive leadership.

Natalie is a natural extrovert and especially talented in getting people to turn thoughts into action. She loves the challenge of meeting new people, breaking the ice and creating connection.

## CONTACT

PHONE: 813-944-8925

WEBSITE: [www.vidlsolutions.com](http://www.vidlsolutions.com)

EMAIL: [njohnson@vidlsolutions.com](mailto:njohnson@vidlsolutions.com)

# NATALIE JOHNSON, MS

## RELEVANT WORK EXPERIENCE

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### **Co-founder/Coach, Consultant and Trainer, ViDL Solutions**

**October 2018 – present** [www.vidlsolutions.com](http://www.vidlsolutions.com)

- Provide a purpose driven approach to wellbeing through consulting and strategic planning services focused on improving four key areas: culture, team dynamics, leadership performance and employee wellbeing.
- Deliver onsite and virtual trainings and keynotes.
- Create customized content on resilience, wellbeing, emotional intelligence, performance, and leadership.
- Provide small group and 1:1 coaching on topics of health and leadership.

### **Performance Coach, The Johnson & Johnson Human Performance Institute January 2010 – present**

[www.humanperformanceinstitute.com](http://www.humanperformanceinstitute.com)

- Facilitator of the Corporate Athlete: Resilience and Performance training programs.
- The content focus is on our physical, emotional, mental, and spiritual energy and how it contributes to resiliency, performance and optimal health.
- Deliver and train the HPI Resilience and HPI Performance Train the Trainer program to company internal facilitators.
- Content customization and delivery for specialized populations including critical care nurses, ER Nurses, Surgeons, and healthcare executive leadership.
- Delivered 600+ programs to date in five countries in the form of keynote, half day, full day or 2.5 day trainings

## WORK EXPERIENCE (CONTINUED)

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### **Speaker and Consultant, Novo Nordisk Speakers Bureau [www.novonordisk.com](http://www.novonordisk.com)**

**January 2015 – present**

- Keynote speaker with focus on successful obesity strategy for employers.
- Deliver content and best practices to audiences of employer populations at industry events where obesity and/or wellbeing are the primary focus.
- Provide consulting services and content development feedback using the latest data and real-life stories supporting obesity management.

### **Manager of Health and Lifestyle Programs, The Manatee YourChoice Health Plan, [www.manateeyourchoice.com](http://www.manateeyourchoice.com)**

**January 2006 – December 2015**

- Responsible for the development and execution of wellbeing strategies for an innovative self-insured health plan supporting Manatee County Government agencies.
- Responsible for the development of engagement strategies and short- and long-term health incentive programs.
- Supervised the Fitness Manager and the medical integration of fitness programs.
- Established the Clinical Wellness Center locations and relationships with four primary care practices in the community.
- Manager of Wellness Champions Program
- Manager of Medical weight loss and bariatric surgery programs.
- Created the MYC Health Coach Program. This included onboarding, training and supervising all coaches.

## RELEVANT CERTIFICATIONS AND LICENSURE

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- *Wellcoaches® Certified Coach*
- Certified Dare to Lead Coach & Facilitator (Based on the research of Dr Brene Brown)
- Certified Performance Coach – The J&J Human Performance Institute
- Certified Fitness Trainer – American College of Sports Medicine
- *Certified Physical Fitness Specialist – The Cooper Institute*
- Licensed *Am I Hungry? Mindful Eating* Facilitator and Coach
- *Certified Sports Nutritionist – National Association for Sports Nutrition*

## FORMAL EDUCATION

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CA College for Health Sciences  
Master of Science, Wellness Promotion, 2001

Florida State University  
Bachelor of Science, Nutrition & Exercise Physiology, 1995

## VOLUNTEER

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Resiliency Facilitator: The Resilient Retreat ([www.resilientretreat.org](http://www.resilientretreat.org))  
The Medical Fitness Association ([www.medicalfitness.org](http://www.medicalfitness.org)): Board of Directors; Florida and South-Central Regional Director  
Manatee Memorial Hospital Women's Action Committee – Member

## AWARDS

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**2016 Small Business of the Year Nomination** – Manatee County Chamber of Commerce  
**Champion of Healthcare** – Manatee County Chamber of Commerce  
**Healthcare Hero** – Tampa Bay Business Journal  
**Program Innovation Award** – The Medical Fitness Association  
**Executive Director of the Year** – The Medical Fitness Association  
**Corporate Wellness Leadership Award** – Corporate Wellness Magazine  
**Business Leader Woman Extraordinaire** – Business Leader Magazine  
**Healthiest Employer in Tampa Bay** – Overall Winner Tampa Bay Business Journal  
**Fit Friendly Worksite** – Gold achievement – American Heart Association  
**Healthiest Employer Category Winner** – Tampa Bay Business Journal

[Additional information and references available upon request.](#)