

August 6, 2025

To whom it may concern,

It's been a true joy to work with Kristin JohnsonBott, founder of Mindful Wellness, across two different organizations. She's facilitated both well-being and navigating change sessions for employees at each of my past two employers—and each time, she's left a lasting impression.

At BetterLife, Kristin led her powerful session, "Dear Stress: Let's Break Up," and even though it was two years ago, employees still talk about it. The practical tools she shared have stuck with our team and continue to support their well-being today.


Kristin brings an authentic, warm presence to every session. She meets participants *exactly where they are* on their personal wellness journeys, ensuring everyone feels welcome, understood, and equipped with practical tools. Her focus on overall well-being keeps things real and relatable.

Our Lunch & Learn events led by Kristin draw impressive attendance—her ability to engage staff is second to none! She blends mindfulness, positive mindset shifts, and actionable techniques into sessions that feel both uplifting and genuinely useful.

In a world full of quick fixes and onesizefitsall workshops, Kristin's approach stands out. She empowers people to build long-lasting wellness habits and supports them in a heartfelt, compassionate way.

If your organization wants wellness sessions that resonate deeply, stick, and actually change the way people live and work, Kristin JohnsonBott is your go-to facilitator. Please, don't hesitate to reach out if you have questions about the amazing work Kristin does. Highly recommended!

Kind regards,



Kaye DeMartino