

"This was likely a breakthrough day for most of the participants. Rare opportunity to spend a day with your thoughts and the guidance of a supportive and inspirational group leader."

"We had the most exceptional day with [Kristin Johnson Bott](#) of [Mindful Wellness, LLC](#) and the magnificent tribe she leads in our recent workshop.

It was inspired, FUN, energizing, connected, SUPPORTIVE, elevated, and life-changing!

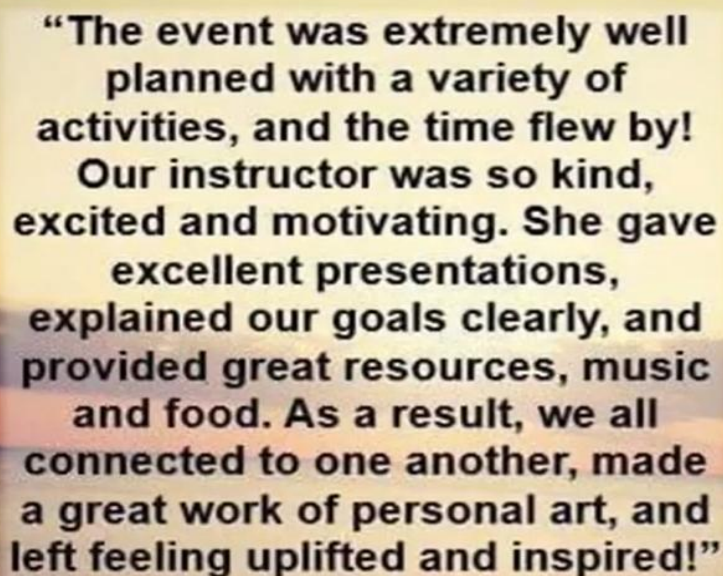
I will forever take with me: Pause. You Matter. Dare Greatly

We meditated, snacked, dreamed, refreshed, cheered, yoga'd hugged, and held each other up.

Together, we created a supportive space that buzzed with focus and clarity.

Oh, and we laughed and high-fived as tears and emotions came up. It was glorious!"

Reach out and sign up for Kristin's next Workshop. I'd highly recommend any of these along with her Keynote Speaking, bringing a briefer but well-rounded approach to varying audiences and teams!



"The event was extremely well planned with a variety of activities, and the time flew by! Our instructor was so kind, excited and motivating. She gave excellent presentations, explained our goals clearly, and provided great resources, music and food. As a result, we all connected to one another, made a great work of personal art, and left feeling uplifted and inspired!"