



JILLIE JOHNSTON

FACILITATOR, COACH, & SPEAKER

 630-857-0987

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 www.jilliejohnston.com

SKILLS

- 10+ years of Facilitation
- 500+ Workshops to date
- Fortune 500 Speaker
- Leadership Coach
- Curriculum Writing
- Elementary - University level speaker and facilitator
- Soft Skills Trainer
- Meditation/Mindfulness coach
- Podcast host with 40k+ downloads

NOTABLE CLIENTS

- Davita Health Inc
- Wounded Warrior Project
- University of Michigan Medical School
- 99 Walks
- Jetti Fitness
- Operation Snowball

PROFESSIONAL EXPERIENCE

Seasoned trainer, facilitator, and workshop leader with over a decade of experience supporting school systems, Fortune 500 companies, nonprofits, women-led organizations, and more. Has worked with thousands of clients worldwide in virtual and in-person workshops.

WORK EXPERIENCE

Founder/CEO

2013-Present

Jillie Johnston Coaching

- Create custom workshops & lead speaking events for clients, tailoring content based on organizational needs.
- Advise on self-worth, mindfulness, self-compassion, and joy through 1:1 coaching and small groups.
- Coach a broad range of ages from 7 to 80 years old.

Meditation Coach & Motivational Speaker

2019-Present

99 Walks

- Created and recorded over 250 meditations including mindfulness tools for over 15,000 monthly members/listeners.
- Run workshops for HQ Plus Trainings for 20+ employees
- Develop content with women & care taker focus.
- Create workshops & content weekly based on clients needs

Co-Founder

2021-Present

Woman Up - Digital Support Community

- Facilitate monthly virtual workshops, lead public group coaching sessions, and develop video training series.
- Teach practical techniques and implementation.
- Focus coaching on self-compassion in leadership, parenting, and caretaker roles.

Empowerment Coach

2016-2017

Center for Work Education Employment (CWEE)

- Held 300+ workshops on soft skills with a focus on stress management, emotional regulation, and practical implementation into daily life.
- Helped write curriculum and create workshops based on client needs.