



Erin Clifford, J.D., M.A.

Corporate Wellness Consultant and Coach

Erin Clifford J.D., M.A., is deeply passionate about helping professionals establish and maintain healthy, happy and harmonious lifestyles. Her holistic approach to wellness consulting and coaching produces real and lasting results. While Erin has trained with some of the world's leading experts in nutrition, exercise, and healthy lifestyle management, corporate clients are particularly drawn to her wellness work because her training is coupled with expertise in education, business, law and mental health. As a partner at Clifford Law Offices, she personally understands the stressors that accompany a high-demanding job and brings this sensitivity and awareness to her programs.

“Working professionals need wellness solutions that work with their go-go-go lives,” she says. “I’m a busy working professional too, I get it. When I partner with corporations and firms, I begin by surveying staff to customize the curriculum to empower employees with realistic sustainable education and tools. Wellness works when it’s catered to what people want, need and can be successfully put into action to bring more positivity and productivity to their lives.”

Born and raised in Chicago, Erin began her career teaching for Chicago Public Schools, holds a Juris Doctor from DePaul College of Law, is certified as a holistic wellness coach through the Institute of Integrative Nutrition, and holds a Master’s Degree in Mental Health Counseling from Northwestern University.

Erin’s Wellness Educational Speaking Engagement Topics Include:

Back to Basics: Setting SMART Lifestyle Goals and Creating Healthy Habits

SMART (Specific, Measurable, Achievable, Relevant, and Time Bound) goals allow an individual to create clear and meaningful lifestyle goals by developing an action plan that includes support and motivation. Erin discusses how to create SMART goals step-by-step and how to optimize them to develop healthy habits.

Building Your Prevention Toolbox

A prevention toolbox focuses on a holistic self-care routine that incorporates scheduling, exercise, sleep, mindfulness, and stress management techniques. In this class, Erin offers tips on creating a workable schedule to incorporate non-negotiable habits into daily life.

Building Your Resilience Bank Account for the Busy Professional

Many professionals are stretched to their limit these days resulting in higher levels of stress, anxiety, and depression. Erin provides insight into how professionals can create a balanced work-life harmony through values, boundaries, social support, and time management.

Food for Thought: Enhancing Well-being through a Mindful Diet

In this interactive educational talk, Erin guides her audience through a self-reflection on their history with food and their current eating style. Then she discusses strategies to eat more mindfully, including recognizing physiological cues, visualizing portion size, and beating the cycle of emotional eating.

Have a Happy Holiday Season: Tips on Navigating the Holidays for the Working Professional

For working professionals, the holiday season is often the most stressful time of year, where many find themselves juggling work obligations, celebrations or gatherings, holiday travel, kids out of school, etc., In this festive talk, Erin provides guidance on how to navigate through the holiday season to maintain wellness (and sanity) in all aspects of life - including nutrition, exercise, stress management, sleep, and a "reset" day in case there was a little too much "cheer" the night before.

Incorporate Self-Care into Your Routine to Create Mental Well-Being

You can create or boost your mental well-being through self-care to live your best life. Erin shares why self-care is important, examples of self-care, and ways to incorporate it into daily life.

Real Solutions to Attorney Wellness: Stress in the Legal Profession

Lawyers are especially susceptible to stress due to the high pressure of work, long hours, and lack of work-life balance. Erin introduces her audience to the "Five Pillars of Wellness" and how to incorporate them into a busy lawyer's lifestyle to improve physical and mental wellness.

As Seen In



Prevention



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To request a customized presentation or schedule Erin for an event,
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