



Erin Clifford, JD, MA, LPC, NBC-HWC

*Corporate Wellness Consultant, Wellness Speaker,
Best-Selling Author, Managing Director at
Clifford Law Offices*

Erin Clifford is a wellness expert dedicated to helping professionals establish and maintain healthy, happy, and harmonious lives. As a Licensed Professional Counselor in Illinois and a National Board-Certified Health & Wellness Coach (NBC-HWC), Erin integrates her extensive training in mental health, nutrition, physical health, and lifestyle management to offer impactful coaching and seminars. Her holistic approach addresses key areas, including stress management, sleep, mindfulness, productivity, healthy relationships, career goals, and overall well-being to produce real and long-lasting results. In addition to her wellness consulting work, Erin serves as Managing Director of Clifford Law Offices, which provides her with a deep understanding of the stressors faced by professionals. This understanding, combined with her sensitivity and awareness, is brought to her programs. Her book, *Wellness Reimagined: A Holistic Approach to Health, Happiness, and Harmony*, is a national best-seller.

“Working professionals need wellness solutions that work with their 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.”

Erin began her career teaching for Chicago Public Schools. She holds a Juris Doctor (JD) from DePaul College of Law and a Master’s Degree in Mental Health Counseling from Northwestern University. She has trained with leading global experts in nutrition, exercise, and healthy lifestyle management. A respected voice in the wellness space, Erin is a member of the Young Presidents’ Organization (YPO) and has been featured in major publications, including U.S. News & World Report, Prevention, and Shape. She is a USA TODAY best-selling author of *Wellness Reimagined: A Holistic Approach to Health, Happiness, and Harmony*, which ranked in the Top 10 during its second week of publication.

Corporate Wellness Consulting and Coaching

Business leaders turn to Erin Clifford for her unique blend of expertise as an educator, mental health counselor, and executive. She designs sustainable wellness solutions that enhance productivity, reduce costs, and provide significant employee benefits. Erin customizes each corporate wellness plan based on a comprehensive cultural assessment to ensure solutions that align with each organization's distinct goals and challenges. Erin coaches virtually or in-person. Her coaching and consulting services include:

- One-Hour Corporate Health and Wellness Coaching Seminars
- Half-Day Workshops
- Quarterly Employee Wellness Workshops (4 times/year)
- Keynote Speaking
- Group Seminars (focused on a specific wellness topic chosen by Erin or a topic of choice decided by attendees)
- Mindful Meditation Experiences with Erin

Erin's Speaking Engagement Topic Examples:

Build Your Resilience Bank Account for the Busy Professional

This comprehensive program is designed for professionals seeking to enhance their emotional well-being, manage stress effectively, and cultivate a more harmonious life. Erin blends practical tools and reflective exercises to teach participants about practicing intentional self-care, identifying their core values and personal needs, and recognizing high-risk situations in their lives. Through aligning actions with values, cultivating gratitude, maintaining a positive mindset, and practicing ongoing self-care, professionals can build resilience, enhance work-life balance, and thrive both personally and professionally.

Smart Nutrition for Optimal Well-Being

Healthy nutrition is more than just physical nourishment—it's a foundation for mental and emotional wellness as well. In this program, Erin empowers participants on how to make informed food choices that provide lasting benefits across all areas of life. She offers guidance on how to build a balanced plate, explores various sustainable dietary strategies, and shares practical lifestyle habits to help individuals maintain and optimize their chosen nutrition plan.

Healthy Habits 101

One of the best ways for individuals to take control of their stress is by developing healthy habits, such as regular exercise, improved sleep, a balanced diet, stretching and relaxing movements, mindfulness, and nurturing relationships with others. Along with providing tips and strategies for developing new healthy habits, Erin delves into the science behind habit formation and offers a step-by-step plan for designing and connecting habits, weaving them into existing routines. When new habits are interwoven with existing ones, the retention success rate is much higher.

Real Solutions for Lawyers to Thrive Even During Stressful Times

Recent data from the U.S. Bureau of Labor Statistics showed that being a lawyer is the most stressful occupation in the United States. In this presentation, Erin offers valuable tips for busy lawyers, including how to practice self-care during trials and while traveling for work, strategies to unplug and reduce anxiety, and how to establish a daily mindfulness check-in to boost productivity and start the day on a peaceful and positive note.

Self-Care Strategies for the Busy Professional

The World Health Organization (WHO) estimates that stress costs American businesses approximately \$300 billion annually. In this presentation, Erin provides attendees with practical strategies they can implement daily to reduce stress and enhance productivity. These include the practice of intentional self-care, the RAIN Meditation method, the 5-4-3-2-1 Technique, and other grounding exercises, as well as establishing morning and evening routines and incorporating gratitude into your daily routine.

Strategies to Prevent Burnout and Improve Mental Well-Being

In many industries, professionals feel constant pressure to perform at a high level and grapple with the incessant demands. As a result, they may experience chronic stress and burnout, major depressive disorders, and generalized anxiety disorders. Erin reviews the signs and symptoms of each and shares insights on how to identify and plan for high-risk situations to help reduce the stress load. Participants will gain practical tools to manage stress and proactively safeguard their well-being. Key strategies include nutrition-based mood support, recognizing emotional needs, setting personal and professional boundaries, and building mental resilience.

Well-being Trends for Women Lawyers and Strategies for Prioritizing Balance in Your Legal Career

Often in their professional and personal lives, women take on too much. This overload leads to feelings of stress, overwhelm, guilt, and burnout. In this presentation for women lawyers, Erin focuses on mental fitness – a trait that involves behaviors, thoughts, and actions that can be learned and developed - and resiliency, or the ability to “bounce back” from difficult experiences. She discusses the importance of setting boundaries, living true to your values, and teaches you how to examine and balance your life domains to reach optimum life satisfaction, both professionally and personally.

Study Break: How to Schedule Well-being into Your Life

The number of law students struggling with mental health issues is on the rise. This presentation is specifically designed to educate law students on the importance of practicing self-care for optimal mental, physical, and emotional health. Erin shares strategies for nutrition, exercise, mindfulness, and creating a daily routine to reduce stress and anxiety.

As Seen In



Prevention



Reader's
Digest

SHAPE

CRAIN'S
CHICAGO BUSINESS

Bustle



To request a customized presentation, or to learn more about corporate consulting and coaching, contact [Erin Clifford Wellness](mailto:eec@cliffordlaw.com) at (312) 899-9090 or eec@cliffordlaw.com.

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