



Erin Clifford

JD, MA, LPC, NBC-HWC

Corporate Wellness Consultant
Best-Selling Author • Speaker

*Helping people and organizations
thrive in an always-on world.*

Erin Clifford is a nationally recognized wellness expert, USA TODAY best-selling author, speaker, and corporate wellness consultant who helps people create healthier, happier, and more harmonious lives.

With a unique background spanning law, counseling, health and wellness coaching, and executive leadership, Erin understands the pressures facing today's professionals. Her engaging, practical approach goes beyond traditional wellness advice, helping people stay healthy, connected, and grounded in an increasingly fast-paced, technology-driven world.

SIGNATURE SPEAKING TOPICS

Tune In: Reclaiming Your Humanity in the Age of AI

As technology becomes more integrated into our lives, the qualities that make us human matter more than ever. Erin explores how strengthening self-awareness, emotional intelligence, intuition, creativity, and authentic connection can help us thrive in an increasingly digital world.

The Connected Workplace: Building Stronger Teams in a Disconnected World

Strong teams are built on more than productivity and performance. Erin explores how communication, trust, belonging, and meaningful connection can strengthen workplace relationships, improve collaboration, and create cultures where people can do their best work.

Wellness Reimagined: A Holistic Approach to Health, Happiness & Harmony

True well-being is about more than diet and exercise. Erin shares an approachable framework for creating sustainable habits that support physical, mental, emotional, and professional well-being.

High Performance Without Burnout: Strategies for Sustainable Success

Success shouldn't require sacrificing well-being. Erin shares practical strategies for managing energy, building resilience, and creating healthier habits that support sustainable performance in demanding professional environments.

REASONS TO HIRE ERIN

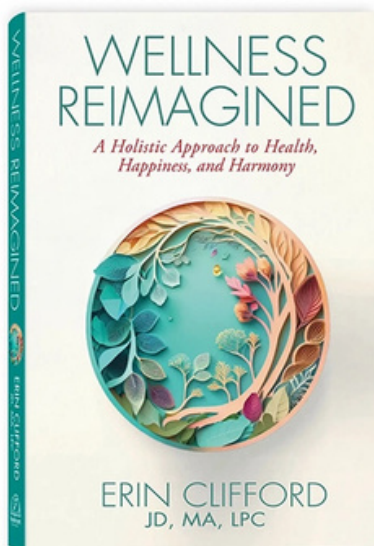
A unique perspective on wellness, work, and modern life.

Erin Clifford brings together expertise in wellness, counseling, law, and executive leadership to offer a perspective that resonates with today's professionals. She understands firsthand the demands of high-pressure careers and translates evidence-informed wellness principles into realistic strategies people can use in their everyday lives.

Warm, engaging, and relatable, Erin meets audiences where they are. Her programs are designed to inspire meaningful change without adding more pressure to already busy lives.

AUDIENCES WALK AWAY WITH

- Practical strategies they can put into action immediately
- A greater understanding of how daily habits influence well-being and performance
- Tools for navigating stress, constant connectivity, and the demands of modern life
- Strategies for building healthier, more sustainable ways to live and work
- A renewed focus on what matters most and how to live with greater intention



AUTHOR OF WELLNESS REIMAGINED

A Holistic Approach to Health, Happiness, and Harmony

Erin is the USA TODAY best-selling author of Wellness Reimagined, a practical guide to creating sustainable well-being across all areas of life.

CREDENTIALS & EXPERIENCE

JD • DePaul University College of Law
MA • Clinical Mental Health Counseling, Northwestern University
LPC • Licensed Professional Counselor
NBC-HWC • National Board Certified Health & Wellness Coach



A TRUSTED VOICE ON LIVING & WORKING WELL

Erin's expertise and practical approach to well-being have made her a sought-after speaker and media resource on wellness, professional performance, healthy living, and creating greater harmony in work and life.

AS SEEN IN



Bloomberg

**POPULAR
SCIENCE**

CRAIN'S
CHICAGO BUSINESS

REAL SIMPLE

CHICAGO
MAGAZINE

MODERN LUXURY
CS

ABA

Prevention

PBS

**tom's
guide**

SELECTED SPEAKING & PROGRAMS

Reimagining Wellness for Leaders: Strategies to Thrive at Work and in Life
Wellbeing at Work

Stronger Together: Supporting Women in the Legal Profession
Illinois State Bar Association

Reimagining Wellness for Mental Health Professionals
Skyway Behavioral Health

Well-Being in the Age of Evolving AI
Confidential Law Firm Clients

BRING ERIN TO YOUR NEXT EVENT

Keynotes • Corporate Programs • Conferences • Workshops • Panels

Erin's presentations can be tailored to meet the needs of organizations, leadership teams, professional associations, and conference audiences.

BOOKING & MEDIA INQUIRIES

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