

DR. ROCHELLE JOHNSON

CHIEF WELL-BEING OFFICER,
PERSUASIONPOINT



I am a global expert coach, public speaker, writer, and trainer focused primarily on work-life issues, leadership, conflict management, diversity, and health and wellness.

EXPERIENCE AND EXPERTISE

Rochelle is the Chief Well-Being Officer of PersuasionPoint, a management consulting firm dedicated to teaching leaders and teams how to create and sustain healthy, inclusive, and profitable workplace cultures. She blends her experience as a media professional, university lecturer and researcher, writer, mental health professional, coach, and wellness expert to help organizations, teams, and individuals be resilient, healthy, and thriving.

Rochelle has provided individual and group psychoeducational programs for employees at various US government agencies, both domestically and internationally, and multinational corporations. She has written manuals and articles and designed workshops and presentations on stress management, coping during crisis, work-life balance, restorative sleep, personal wellness, mindfulness techniques, team building, individual, team and community resilience, maintaining long-distance relationships, and family and parenting issues when away from home.

She has lived and worked in five countries and has extensive experience working in various US States, Canada, Europe, and Latin America as well as with clients globally particularly in the Middle East, Africa, and Asia. Therapist, coach, and lecturer in the Washington D.C. area, London, UK, and Tegucigalpa, Honduras. Certified crisis team member career development facilitator, and mediator.

Rochelle speaks passable Spanish and toddler-level Czech. She can order food in French, German, Italian and Portuguese.

CONTACT

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EDUCATION

NEW SCHOOL OF PSYCHOTHERAPY AND COUNSELLING - London, UK

Doctorate in Existential Psychotherapy
and Counseling

NEW SCHOOL OF SOCIAL RESEARCH - New York, USA

Master of Arts in Media Studies

GEORGETOWN UNIVERSITY - Washington D.C., USA

Bachelor of Science in Foreign Service

WORK AT PERSUASIONPOINT

Workshops: Leadership and team strengthening, Resilience, Work-Life Balance, Working Parent/Caregiver and Wellness workshops

Diversity + Inclusion + Belonging: Work with teams, individuals, ERGs to create authentic programs to eliminate bias, incorporate inclusion, belonging and equity

Executive Coaching: Improving relationship intelligence (RQ) and communications

Consulting: Step-by-step guide to creating and sustaining Healthy Team relations, how to build a strong Wellness or EAP program

Keynotes: Present at industry conference and for corporate clients (in-person and virtual)