

KIRSTEN JOHNSON

Inspirational Speaker + Transformational Life Coach

Kirsten Johnson is an Inspirational Speaker and YouTuber who's spoken to audiences including Baxter Healthcare, University Club, Dress for Success and Stepping Stone Recovery home. She speaks about anxiety, shame, addiction, sexual abuse recovery and living your life purpose. Kirsten is a certified professional Transformational Life Coach, founder of RicherExperiences.com and Author.

Kirsten is the creator of the online course Digital Anxiety Pill designed to help people overcome anxiety and anxiety attacks and of The Elephant Heard, a global community of people recovering and rising up together from the trauma of childhood sexual abuse.



Kirsten earned a Masters of Science in Statistics from UCLA and a BA in Psychology from SFSU. Prior to founding Richer Experiences Kirsten analyzed large datasets while heading analytic teams for San Francisco tech start ups including fraud prevention at eBay.

Kirsten spent three years living in SE Asia studying mindfulness, vipassana and transcendental meditation, advanced pranayama (yogic breathing), neuroscience, advanced Tibetan Buddhist practices for uprooting disturbing emotions and is a certified ashtanga yoga teacher.

FEATURED ON:

