



**Heather Haslem, M.S.,  
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**Speaker, Writer, Teacher, Consultant, Mentor and Coach  
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Heather Haslem is a consultant in organizational well-being with a rich educational background and extensive experience in holistic well-being. She holds both a bachelor's degree in psychology and master's degree in human development and family studies with a specialization in gerontology from the University of Nevada, Reno. Heather is a Duke University-trained Integrative Health Coach, a National Board Certified Health & Wellness Coach (NBC-HWC), and a Certified Wellness Professional (CWP). Additionally, she holds certifications in Mind-Body Medicine, Mindfulness-Based Stress Reduction and Yoga. With over a decade of experience, Heather has worn many hats—entrepreneur, program director, researcher, advocate, and, most importantly, educator. Since 2022, she has served as a program reviewer for the National Board for Health & Wellness Coaching. Heather also works at the University of Nevada, Reno, Center for Application Substance Abuse Technologies (CASAT), where she writes a weekly blog on mental health and hosts a podcast. She mentors new coaches through Chopra, sharing her knowledge and experience to help shape the next generation of wellness professionals. Additionally, Heather consults with organizations to create programs that support holistic well-being and is a national speaker on stress and resilience. Her mission is to help individuals, organizations, and communities cultivate a culture of whole-person well-being, empowering them to lead healthier, more balanced lives.