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Isabelle Wettergren holds a bachelor's degree in kinesiology and a master's degree in health and wellness psychology. She is a National Board Certified Health & Wellness Coach (NBC-HWC) specializing in substance use recovery coaching. Isabelle is a Certified Wellness Practitioner (CWP) and Certified Facilitator of Addiction Awareness. She is an independent educational consultant, trainer and wellness coach for various organizations, including Hazelden Betty Ford Foundation, R1 Learning, YMCA and the National Recovery-Friendly Workplace Institute. Isabelle is an international speaker and facilitates immersive learning experiences for leadership teams across the United States and Canada, specializing in topics related to substance use, life skills and well-being. Through her work and personal pursuits, she inspires others to embrace authenticity, challenge the status quo and foster environments that promote well-being for all.