



Jennifer Salaverri, LCSW-C

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Jennifer is a licensed clinical social worker, certified life coach and mindfulness meditation teacher serving on the employee well-being team at Johns Hopkins Medicine. She spent the first 15 years of her career as a mental health clinician, offering care in the public sector, private institutions and managed care organizations. With a particular interest in helping people learn how to manage their mental health and stress using mind body modalities, Jennifer sought training in yoga and mindfulness. As she saw her colleagues become overwhelmed with the demands of being a provider in today's health care system, Jennifer became passionate about "helping the helper." She is certified in Koru Mindfulness and is excited to be in her role as the mindfulness educator for Johns Hopkins Medicine, committed to improving the well-being of the workforce through mindfulness.