



**Isabelle Wettergren,
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Isabelle Wettergren is a former teacher. During her 25-year teaching tenure, she taught physical education and led joint union-management employee wellness initiatives. Isabelle holds a bachelor's degree in kinesiology and a master's degree in health and wellness psychology. She is a National Board Certified Health and Wellness Coach (NBC-HWC), specializing in Recovery Coaching (CPRC). She is a Certified Wellness Practitioner (CWP), Certified Facilitator of Addiction Awareness (CFAA), and Certified Executive Mentor. Isabelle transitioned her career in 2022 to combine her passion for education with her purpose of amplifying recovery. She is the co-founder of Wettergren & Associates, an organization dedicated to empowering leaders to create supportive and inclusive workplace environments for those affected by addiction. Isabelle serves on the National Recovery Friendly Workplace Institute steering committee and the Florida Recovery Friendly Workplace Coalition. She identifies as a trauma survivor and person in long-term recovery. Isabelle's journey of overcoming addiction embodies resilience, hope and the power of transforming adversity into a catalyst for positive change. 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.