

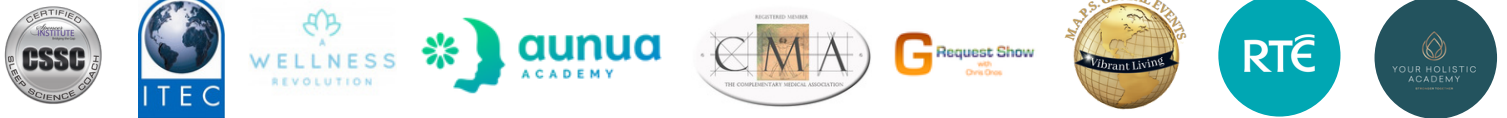


Johann Callaghan

Author | Speaker | Sleep Science Coach | Health Coach | Podcaster

Johann is a certified sleep science coach and health coach. She has appeared many times in the media; radio, podcasts, TV, magazines and newspapers and an award winning entrepreneur. She helps to educate, inspire and empower people to take control of their lives and live a healthy lifestyle with better sleep through online courses, webinars, corporate talks, group coaching programs, seminars and live interviews. Johann is also the host of The Empowering Family Health Podcast. Johann believes everything is better with better sleep.

AFFILIATIONS & FEATURES



TESTIMONIALS

What she knows about sleep is enormous. Attend one of Johann's events and you will come away amazed at what she knows about sleep and what you can learn about sleep.

Leslie Fieger



Get in Touch!



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SIGNATURE TOPICS

- ✓ The Importance of Sleep
- ✓ Sleep and the Brain Connection
- ✓ How To Lose Weight While You Sleep
- ✓ Sleep For Kids and Teenagers
- ✓ Midlife and Sleep; Menopause and Ageing

