

# ERIN CLIFFORD

CORPORATE WELLNESS  
CONSULTANT

Erin Clifford, JD, MA, is deeply passionate about helping professionals establish and maintain healthy, happy, and harmonious lifestyles. Her holistic approach to wellness consulting and coaching produces real and lasting results. While Erin has trained with some of the world's leading experts in nutrition, exercise, and healthy lifestyle management, corporate clients are particularly drawn to her wellness work because her training is coupled with expertise in education, business, law, and mental health. As a partner at Clifford Law Offices, she personally understands the stressors that accompany a high-demanding job and brings this sensitivity and awareness to her programs.

"Working professionals need wellness solutions that work with their go-go-go lives," she says. "I'm a busy working professional too. I get it. When I partner with corporations and firms, I begin by surveying staff to customize the curriculum to empower employees with realistic sustainable education and tools. Wellness works when it's catered to what people want, need and can be successfully put into action to bring more positivity and productivity to their lives."

Born and raised in Chicago, Erin began her career teaching for Chicago Public Schools, holds a juris doctor from DePaul College of Law, is certified as a holistic wellness coach through the Institute of Integrative Nutrition, and holds a master's degree in mental health counseling from Northwestern University.



PHOTOGRAPHY: FRANCIS SON

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