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Dr. Sara Johnson is the co-president and CEO of ProChange Behavior Solutions, a behavior change consulting firm and solution provider that empowers people to experience life-changing breakthroughs in well-being. She is also the senior research fellow for the Health Enhancement Research Organization (HERO), immediate past chair of the Art & Science of Health Promotion Conference, and immediate former co-editor of *Knowing Well, Being Well*. She has been the principal investigator on over \$10 million in federally funded research. Dr. Johnson has been recognized as one of the Top Ten Most Influential Women Scholars in Health Promotion by the *American Journal of Health Promotion*. Previous honors have included receiving HERO's Mark Dundon Research Award and being named one of the 50 on Fire by Rhode Island Inno as well as Health Care Services Woman to Watch by Providence Business News. She was also selected as a Top 10 Health Promotion Professional by the Wellness Council of America. In her 27 years at ProChange, she has been responsible for generating and leading the implementation of innovative research and development opportunities as well as creating and expanding strategic business alliances. She has more than 40 publications.