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Isabelle Wettergren 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. Isabelle is also a Certified Wellness Practitioner (CWP). She combines her passion for education with her purpose of amplifying recovery. Isabelle serves as a prevention specialist with Hazelden Betty Ford Foundation and serves on the U.S. National Recovery Friendly Workplace Institute steering committee. She identifies as a trauma survivor and person in long-term recovery. Isabelle's journey of overcoming substance use disorder embodies resilience, hope and the power of transforming adversity into a catalyst for positive change. Through her work and personal pursuits, Isabelle inspires others to embrace authenticity, challenge the status quo and foster environments that promote well-being for all.