



Mariann Johnson
Mindfulness and Wellbeing Instructor
Earl E. Bakken Center for Spirituality & Healing

Before dedicating her professional life to teaching mindfulness, Mariann was an accomplished organization development consultant and mediator, having worked extensively with national leaders of Fortune 500 companies, government agencies and nonprofit organizations. Since 2010, she has designed and taught mindfulness programs throughout the United States and consulted on the design of Mindful Leadership and mindfulness at work programs in corporate, professional and academic settings. Highlights include:

- From 2017-2019, helped to successfully establish *Moment Health*, a *UnitedHealth Group (UHG) Ventures* program, providing evidence-based mindfulness training to address the unique resiliency needs of healthcare providers, UHG's international employees and its members.
- Served as the senior instructor for the *Institute for Mindful Leadership* from 2010 to 2016. As lead instructor and design consultant, helped to navigate a General Mills-exclusive leadership program to becoming a highly-acclaimed, international leadership institute.

Mariann currently serves as a Mindfulness Instructor for the *Earl E. Bakken Center for Spirituality and Healing at the University of MN*. Prior to joining the Center as a staff instructor, she helped establish the Center's Mindfulness at Work program and was a member of the Mindful-Based Stress Reduction (MBSR) instructor team. Mariann also served as the Center's MBSR instructor for research projects including, "*Meditation Interventions for Treatment of PTSD in Veterans.*" Preliminary research findings from this promising mindfulness study were reported in the August 2015 [Journal of the American Medical Association](#).

Mariann has practiced mindfulness meditation for over 20 years and has studied with national and international leaders in the field. She completed extensive Mindfulness-Based Stress Reduction (MBSR) training through the Center for Mindfulness at the University of Massachusetts, founded by Jon Kabat-Zinn. Her writings on mindful leadership have appeared in the Huffington Post and Mindful Magazine.