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**LIDA
JOHNSON**

Health & Wellness
Strategist | Author |
Wellness Coach | Speaker

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**LEADING
LOUDLY**

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AMPLIFIED INFLUENCE

LIDA JOHNSON:

LEADING WOMEN TOWARD HEALING, HOPE, AND SUSTAINABLE TRANSFORMATION

By She Rises Studios Editorial Team



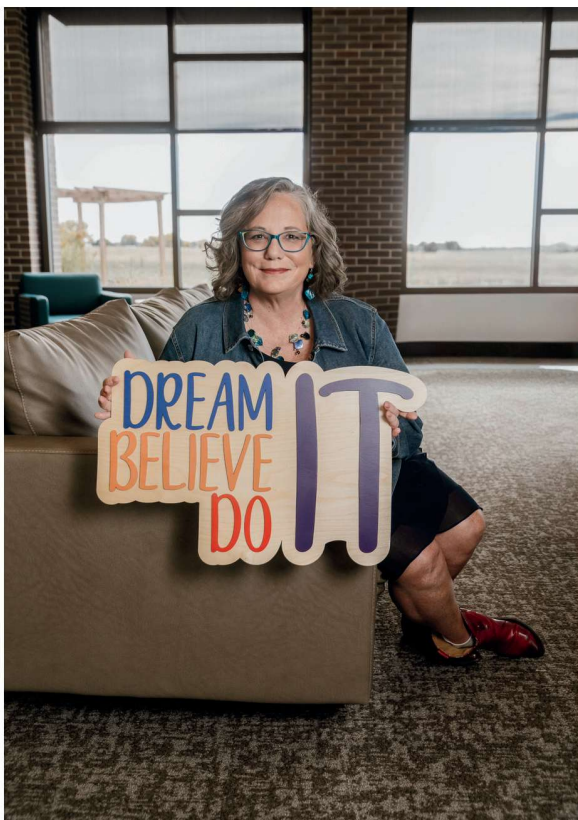
For much of her life, Lida Johnson carried her story quietly.

From the outside, she projected strength and resilience. Beneath the surface, however, was a woman navigating the weight of a difficult past while trying to understand how her experiences had shaped the person she had become. Like many women, she learned early how to survive, how to keep moving forward even when life felt uncertain. What she did not realize then was that the very experiences she once viewed as weaknesses would one day become the foundation of her leadership and healing work.

Today, Lida is known as a Health and Wellness Strategist whose work centers on helping women move from surviving to thriving.

Through coaching, speaking engagements, her 8-week Healthy Jumpstart program, and her book *6 Million Reasons to Hope*, she has become a voice for women seeking sustainable transformation rooted in compassion, awareness, and self-trust. Her philosophy is simple yet powerful: lasting change does not begin with perfection or intensity. It begins with one intentional step.

Lida's path toward this work was not linear. After spending much of her career in corporate software IT, she reached what she describes as a breaking point in her early fifties. Each day felt increasingly disconnected from the life she wanted to live. She recalls walking into work hearing phrases like, "You're lucky to have a job," while simultaneously wondering whether layoffs were looming.



The environment no longer aligned with her values or her vision for herself.

The moment that changed everything came unexpectedly during a hike. Something clicked internally, and Lida realized she wanted to become a coach. She made the decision and never looked back. What followed was not only a career transformation but a personal awakening that would eventually inspire countless others.

At first, Lida focused primarily on the future rather than her past. She believed who she was becoming mattered more than where she had been. Yet over time, she discovered that the more openly she embraced her story, the more deeply it resonated with others. Women who heard her experiences began seeing parts of themselves reflected back. In sharing moments of struggle, growth, and healing, she created spaces where people felt understood, often for the first time.

That realization reshaped her understanding of leadership.

For Lida, leadership is not about appearing flawless or having every answer. It is about honesty, vulnerability, and creating environments where people feel safe enough to grow. Her philosophy of *"meeting people where they are"* has become central to her work, particularly for women who feel pressured to have life perfectly figured out before they begin.

She believes that pressure and shame are often the greatest obstacles to change. Too many women, she says, carry the belief that they should already know what to do and how to do it. Instead of adding to that burden, Lida focuses on cultivating compassion and curiosity. She often compares personal growth to elite athletic performance.

Even Olympic athletes rely on coaches, support systems, and constant learning. They still miss shots, experience setbacks, and have difficult days. What matters most is not perfection, but the willingness to continue learning and moving forward.

This mindset also informs her approach to wellness.

In a world that often glorifies dramatic transformations and quick fixes, Lida advocates for simplicity. She believes sustainable progress comes from small, intentional actions repeated consistently over time. Intensity, she explains, rarely lasts. Simplicity does. Rather than relying on fleeting motivation or willpower, she encourages clients to build habits that gradually reshape identity and strengthen self-trust.

That philosophy is woven throughout her 8-week Healthy Jumpstart program, where participants focus on eight key health pillars including stress management, sleep, mindset, nutrition, and movement. Lida guides clients through each area with a combination of awareness, education, and practical action steps designed to fit into real life.

The transformation she witnesses is often profound.

As participants begin taking small, manageable actions, many stop waiting for the *"perfect time"* to change. Instead, they begin building consistency and confidence through follow-through. Lida says one of the most meaningful shifts occurs when women start trusting themselves again. That renewed trust becomes the foundation for long-term growth and wellbeing.

Her understanding of wellness extends far beyond physical health alone. Lida emphasizes that energy is emotional, mental, relational, and physical all at once. Her own healing journey taught her that confidence is not built through external achievement but through consistently keeping promises to oneself. Long-term wellbeing, she says, emerges when all aspects of life work together in harmony.

This integrated perspective is one of the defining elements of her work.

Lida frequently sees clients approach wellness as isolated goals. Someone may focus solely on weight loss while ignoring chronic sleep deprivation. Another may prioritize fitness without considering how processed foods are impacting energy and recovery. She believes these areas cannot be separated because the body itself does not function in isolation. Drawing from the World Health Organization's definition of health as complete physical, mental, and social wellbeing, Lida teaches that wellness requires awareness of the interconnected systems influencing daily life.

Rather than chasing balance through perfection, she encourages women to develop awareness and flexibility. Some seasons may require prioritizing sleep, while others demand emotional recovery or physical healing. These shifts are not signs of failure but examples of learning to work with the body instead of against it. Through intentional *"micro shifts,"* Lida helps clients sustain progress without burnout.

At the center of her message is hope.





In *6 Million Reasons to Hope*, Lida reframes hope not as blind optimism but as an active decision to remain engaged with life, even during uncertainty. Hope, for her, is deeply practical. It looks like setting boundaries, choosing self-care, speaking kindly to oneself, and taking one small step forward when everything feels overwhelming.

She believes hope becomes tangible through action. Each intentional choice becomes evidence that change is possible. Over time, those choices build a life rooted in alignment, truth, and self-trust.

Lida also channels this mission through her Triple E Newsletter, which focuses on exploring, educating, and empowering. Of those three pillars, she believes empowerment is especially critical for women leaders today. To her, empowerment is not about surface-level motivation. It is about gaining clarity, understanding why something matters, and trusting one's ability to grow and adapt.

That commitment to empowerment reflects the way Lida now chooses to *"live out loud."*

For her, living out loud means refusing to shrink to fit spaces that were never designed for her. It means speaking openly about her story, stepping intentionally into discomfort, and using her voice to create meaningful impact.

Through her books, speaking engagements, and wellness programs, she is sharing her message more boldly than ever before.

When women encounter Lida's story, she hopes they recognize that transformation does not require becoming someone entirely new overnight. It begins with honesty, self-awareness, and the courage to ask for help when needed. Most importantly, it begins with one step.

Because for Lida Johnson, that one step is never just an action.

It is a decision to move forward instead of remaining stuck. And in that decision, healing, leadership, and hope begin to unfold.

Connect With Lida

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