



International Speaker & Sleep Coach



Johann Callaghan is an International Bestselling Author, Global Speaker, Sleep Expert, Award Winner, and Certified Health Coach. Founder of the S.L.E.E.P. Success System™, a scientifically backed framework, Johann helps purpose-driven leaders and decision makers reclaim their energy, sharpen focus, and build extraordinary success, turning them into high-performing powerhouses using sleep as their greatest asset.

Featured globally on TV, radio, and hundreds of podcasts, and host of the Empowering Family Health Podcast. She has numerous nominations and received an Excellence Award sponsored by TD Bank, Toronto, Canada.

With 15+ years in study, teaching, and coaching, she delivers courses, workshops, and keynotes worldwide.

Johann enjoys forest walks, travel, and time with her family and grandson. Her mission is simple yet profound: to position sleep as your greatest asset.



TESTIMONIALS

What she knows about sleep is enormous. Attend one of Johann's events and you will come away amazed at what she knows about sleep and what you can learn about sleep.

Leslie Fieger, Founder Of Delfin Worldwide Inc



Get in Touch!



✉ johanne@johanncallaghan.com

🌐 www.johanncallaghan.com

🌱 linktr.ee/johanncallaghan_sleepcoach

SIGNATURE TOPICS

- ✓ Waking Up To Sleep
- ✓ The Sleep-Brain Connection
- ✓ Managing Weight Loss With Better Sleep
- ✓ Sleep for Success & Performance
- ✓ Sleep Your Way Through Midlife & Menopause

