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Johann Callaghan

*Sleep Coach, Author, & Founder of
S.L.E.E.P Success System™*



About Johann

Johann is an award-winning entrepreneur, international best-selling author, global speaker and Trainer —widely known as The Sleep Success Coach and founder of the S.L.E.E.P. Success Method™ .

Johann has been featured in media worldwide; TV, radio and hundreds of podcasts. She has numerous nominations and hosts the Empowering Family Health Podcast. She guides business owners and leaders to unlock peak performance, sustain energy, and thrive in their careers and personal lives—all through the power of better sleep and well-being.

With a combined 15+ years of study, educating and coaching, she offers courses, workshops and global speaking engagements. Johann believes EVERYTHING is better with better sleep!

SIGNATURE TOPICS

- Walking Up To Sleep
- The Sleep-Brain Connection
- How To Lose Weight While You Sleep
- Sleep for Success & Performance
- Sleep Your Way Through Midlife