Dawn Pensack Biography

A former burned-out math teacher, Dawn Pensack is on a mission to redefine workplace wellness and support leaders in creating thriving environments of mental and emotional wellness.  As a Hypnotist and Mental Fitness Coach, Dawn is passionate about creating an organizational culture that values effective stress management, meaningful connection, and balance. Dawn believes when companies create a culture of wellness and connection, employees are more creative, more focused, and they’re able to thrive personally and professionally. Dawn has been featured in *The Membership Experience* with *Stu McClaren, The Honest Hustle, The Empowered Women Podcast, The Awaken Your Business Podcast, Leaders with a Heart Podcast, The Burned-In Teacher podcast, The Not So Wimpy Teacher Podcast, Tapping Q&A Podcast*, and many more! When she’s not working with ambitious leaders, Dawn can be found hiking with her family, listening to a podcast, researching how the brain works, or riding her horse.