

Dawn Cortese - Founder, CEO, Healthy Goals Healthy Living LLC

One of the most valuable lessons I learned as a competitive figure skater and dancer is this. You don't grow from what you land. You grow from what you adjust after you fall.

My team and I have coached 3,000+ professionals and partnered with organizations of all sizes to reduce burnout, sharpen focus, improve health, and build high-performing teams. My work is supported by certifications from National Academy of Sports Medicine, Amen Clinics, and Transformation Academy.

Before this chapter, I spent over 30 years working inside Fortune 200 environments across pharma, IT, consulting, media, and sales. My experience includes companies such as Pfizer, Gilead Sciences, and Gartner. I worked closely with leaders and teams navigating high expectations, constant change, and demanding performance goals.

I understand deadlines. I understand quotas. I understand travel, leadership pressure, and the pace of high-performance environments.

I also understand what it costs.

After losing my brother, and seeing firsthand how chronic stress impacts focus, health, and relationships, I knew there had to be a better way. I became committed to helping professionals manage stress differently, prioritize their health, and sustain high performance without sacrificing what matters most.

Today, I am the Founder of Healthy Goals Healthy Living, LLC, and an Executive Wellness and Employee Performance Strategist.