

Molly Woodhull, is the Founder of Woodhull Wellness, a corporate wellness company.

Woodhull Wellness offers tangible mindfulness and meditation tools to elevate people, communities, and organizations globally. Woodhull Wellness is all about realistic self care and data-driven teaching techniques. The goal is to support people in meaningful and realistic ways through mindfulness, meditation and movement. With these tools, people learn to navigate the modern business scape efficiently and respond more thoughtfully to stress and adversity in all areas of their life.

Molly received a Bachelor's of Science Degree from the University of Denver and still teaches meditation for alumni. Molly accepted a teacher certification from Duke University's The Center from Koru Mindfulness and proceeded to help build the mindfulness institute. Molly has completed Mindfulness-Based Stress Reduction Training, Compassion and Cultivation training from Stanford University, and graduated from the YNG + iLAB: Innovation and Disruption lab from Harvard University. Molly worked in wilderness therapy and in spinal cord injury recovery before starting Woodhull Wellness in 2017. Since 2017 Molly has supported the community by working with Denver Public School, University of Denver, Shyft Mile High, Boulder Community Health, City and County of Lakewood, PopSockets and many more.

Community is integral to the Woodhull Wellness mission. Molly has partnered with Shyft at Mile high and donates a percentage of her profits to Shyft at Mile High with chosen partners. Woodhull Wellness assists people in Denver who can and can not afford wellness support. Molly's Life experience, personal practice and passion for supporting the community brings a unique wholeness to her teaching that brings immense value her clients



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