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Cynthia Powell, MA, NBC-HWC, MBSR-T is an Assistant Professor, National Board-Certified Health & Wellness Coach, educator, and leadership strategist committed to advancing whole-person well-being through education, collaboration, and evidence-informed practice. She teaches graduate courses in health behavior change, lifestyle medicine, and coaching while leading initiatives that strengthen partnerships across higher education, healthcare, and communities. Cynthia is also a member of the Wellness Alliance Advisory Council, where she contributes to advancing the Alliance's mission and the future of workplace and community well-being. Passionate about creating environments where individuals and organizations can thrive, she bridges academic scholarship with practical application to empower sustainable behavior change. As a moderator for the Wellness Alliance Annual Wellness Summit, Cynthia is honored to facilitate engaging conversations that inspire collaboration, elevate diverse perspectives, and advance the future of well-being.