



Cynthia Mobley Howell

CEO & FOUNDER HOWELL ARE YOU

- KEYNOTE SPEAKER
- MINISTER
- AUTHOR
- LIFESTYLE TRANSFORMER
- TALK SHOW HOST
- MENTAL HEALTH ADVOCATE

Cynthia Mobley Howell is a dynamic keynote speaker, minister, best-selling author, lifestyle transformer, talk show host, and mental health advocate. As the Founder and CEO of HoWELL ARE YOU, Cynthia passionately embraces a holistic approach to health and wellness, empowering others to achieve optimal well-being.

- I decided to NOT keep quiet anymore after surviving a childhood with three mentally ill siblings.
- I decided to NOT keep quiet anymore after transforming my lifestyle and losing 50+ pounds.
- I decided to NOT keep quiet anymore after I realized that the way I showed up in the world wasn't serving me.
- I decided to NOT keep quiet anymore after God called me to share my experiences with others.

Book Cynthia Mobley Howell for your next event!
Keynote Speeches | Interactive Workshops | Expert Panels

SIGNATURE SPEECHES & WORKSHOPS

- Early Intervention in Mental Health
- Bridging the Gap Between the Faith-Based and Mental Health Communities
- Coping with Sibling Mental Illness
- How A Plant-Based Lifestyle Can Transform Your Life



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