



Cynthia Mobley Howell

Keynote
Speaker

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.



Keynote Speaker | Minister | Author | Lifestyle Transformer
Talk Show Host
Mental Health Advocate

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Speaking Topics

- 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

Memberships

- NAMI
- Black Speakers Network

Affiliations

- Board Member Middle Ground with JLE, Inc.



Links

Speaking: <https://youtu.be/YjP7c9-6BM4>
(Leadership Experience Tour Excerpt)

Interview: <https://bit.ly/3A19JPf> - PART I
<https://bit.ly/3OHyvbp> - PART II
(Interview with Jenni Russell of UK Health Radio)

Talk Show: <https://youtu.be/6B1ObZbwgE8>
(Interview with Gregory S. Dossie - "Bullycide")

Article: <https://www.nami.org/Blogs/NAMI-Blog/July-2021/What-My-Brothers-Taught-Me-About-the-Importance-of-Early-Intervention>



Logos



EXPOSURE

