



**Cynthia Conigliaro, M.S.W., M.B.A.**

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Cynthia has been in the field of health and wellness for over 20 years. She has a B.A. in Psychology and graduate degrees in Social Work (M.S.W.) and Business (M.B.A.) with a focus on Organizational and Group Psychology. For the past three years, Cynthia has had a variety of roles at Organizational Wellness & Learning Systems (OWLS). Cynthia currently assists OWLS with projects relating to evidence-based mental health programs that address complex workplace issues including burnout, substance misuse, and depression. She and the OWLS team focus on leadership issues that address ways to achieve improved communication, team building, and team dynamics, as well as skills for heightened emotional intelligence. Her work with OWLS supports organizations in areas such as resilience, self-care, mindfulness, healthy leadership, and health consciousness. She delivers training programs that improve employee mental well-being and healthy coping in the face of stress through OWLS' healthy coping strategies, tools, and techniques. Cynthia has been an independent health-and-wellness coach for over 15 years, after working at several well-known wellness centers. For over three years, she has also been an active volunteer for the Worksite Wellness Council of Massachusetts, where she develops presentations and events that address a variety of workplace mental health issues.