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Leigh S. Baker is a National Board-Certified Health & Wellness Coach (NBC-HWC) with a master of public health degree and a background spanning public health, population health, and wellness entrepreneurship. She is the owner of Sincerely Your Wellness, where she supports individuals and organizations in reconnecting to their health journey and creating sustainable behavior change through coaching, workshops, and education. Leigh also serves in leadership roles within coach education and professional development, supporting both emerging and established coaches. With experience in community health, workplace wellness, systems-level health promotion, and research, she brings a values-centered, evidence-informed approach to building sustainable, impactful work in the wellness arena.