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(she/her)

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Dayna Gowan is a health and wellness manager and consultant at Keenan and Associates in California where she helps school district and municipality clients plan, implement and evaluate their employee wellness programs. Outside of work, Gowan is a speaker, workshop facilitator, improviser, distinguished toastmaster and co-host of *Improvly Speaking Podcast*, which focuses on improv, public speaking, communication, performance, and creativity. Learning public speaking and improvisation skills have changed her life and made her a more confident speaker, colleague and friend. Her mission is to make all meetings and workshops—whether online or in person—fun and engaging for all attendees. Gowan holds a bachelor of science degree in exercise science and a master of public health degree from the University of South Carolina Arnold School of Public Health. She is also a Certified Health Education Specialist (CHES).