



*Cynthia Watts Murphy*

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Life Mastery Consultant/Transformation Coach

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Cynthia is a Transformational Coach and Certified Life Mastery Consultant. She received her coaching certification through the Brave Thinking Institute for Transformational Coaching.

She has 30 years experience in the health and wellness field, including sports medicine, nutrition, professional dance, and mindfulness practices.

As a consultant and coach, Cynthia helps highly motivated individuals to overcome personal and professional stagnation, liberating them to bring their full gifts, with confidence, to their “seat at the table”.

Cynthia earned her BA degree in Sports Medicine and Dance from Skidmore College, studied nutrition at Cornell University and enjoyed a 10 year career in professional dance. She is married and has 3 children.

