



"WBC professional development programs like the Women's Forum of Coastal Virginia Guilt-Free Time Management offer valuable insight and contribute to the development of my business" . . Cynthia Gossman

BUSINESS: Emotional Wellness & Balance Center **OWNER:** Cynthia Gossman
ESTABLISHED: 2010 **WBC CONNECTION:** Professional Development
EMPLOYEES: 1 **WEB:** www.CynthiaGossman.com **PHONE:** 757-635-5379
QUICK FACTS: Women Owned Business, Home Based, Motivational Speaker, Emotion Strategist

After 15 years of working in the world of business, accounting and sales, Cynthia saw her life change dramatically when she was widowed at the age of 30. Shifting from surviving to thriving, Cynthia began rebuilding and reinventing herself and the direction of her life while adjusting to being a single parent and the sole provider of her family. It wasn't long before Cynthia received her calling to serve others. In teaching individuals and businesses about managing emotions, Cynthia consistently utilizes proven techniques and specific tools. Cynthia has earned certifications in Christian Grief Coaching and JOY Restoration Coaching. Additionally, she has been trained by American Foundation of Suicide Prevention, American Academy of Bereavement, and Center for Loss and Life Transition. Cynthia has been nationally recognized by *Parade* magazine, *Living the Life*, and ABC Family TV Show for her excellence in coaching and in mentoring fellow widows and widowers. Locally, she has been the recipient of the WAVY TV "10 Who Care" Award and the WTKR Community Star Award for her accomplishments in giving back to the community.

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