

Melissa Bowen

LPC-S, CDWF

COUNSELOR | COACH | SPEAKER

An authenticity advocate, with a gift of encouragement and insight, Melissa Bowen is a Licensed Professional Counselor, Coach, and a Certified Daring Way™ Facilitator. Her work revolves around the belief that lives, relationships, and leadership can unleash unlimited potential by developing a stronger sense of self and living a more authentic, connected, and courageous life. It is her purpose and passion to empower others for that life.



- Founder of The Authenticity Center
- Supervisor to developing counselors
- Consultant to non-profit directors
- Team development facilitator
- 20 years of restaurant hospitality experience
- President of Phi Mu Sorority (back in her day)
- Local Healthcare Hero nominee
- Theatre-geek and cat mom



WHAT I KNOW:

- Embracing Authenticity by Daring Greatly™
- Living Aligned with Core Values
- Emotional Intelligence Advantages
- More Joy with Better Boundaries
- Effective Goal Setting & Living with Intention
- Resilience to Shame & Adversity
- Overcoming Perfectionism, Imposter Syndrome & Burnout
- Gifts of Imperfection™
- Rising Strong™
- BRAVING Trust in Teams and Relationships
- Making Authentic Connections
- The Magic in a Good Midlife Crisis

HOW I SHARE:

- Individual counseling and coaching
- Speaking at Private Events and Conferences
- Organization Team Development
- Hosting Workshops and Programs
- Online Courses
- In-person and Virtual

“Melissa makes sense. Her motivational work and lessons are so relatable and relevant. I always feel lighter in mind, body, and spirit when I leave her presentations.

~ A Happy Attendee

 @melissabowenlpc

 @MelissaBowenCounselorAndCoach

 @mycoachfriend

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 www.theauthenticitycenter.com