

# CINDY BOYUM

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Minnesota

Cindy Boyum is an internationally recognized youth/teen advocate, educator, and speaker specializing in decreasing stress and anxiety while growing self-awareness and confidence. As a Board Certified Health and Wellness Coach, a Certified Trauma Informed Professional, swim coach, and team trainer, Cindy is a master of shifting belief mindsets from disempowerment and dissatisfaction to one of happiness and possibility.

In addition to her coaching and teaching services, Cindy leads a Sunday night meditation circle for struggling teens and is the Co-Host of I Heart Radio's "So, What's Next?" show. Cindy is the mother of four almost-adult children (from 16-22), exercise and travel enthusiast, and a lover of puzzles, games, and dancing. She is based in Minnesota. Learn more about her at [cindyboyum.com](http://cindyboyum.com).