



**Biographical: Jane McMullan Howe, M.S.ACC for Live Healthy and Thrive Event**

**Jane McMullan Howe, M.S, ACC** certified Executive and Personal Coach works with individuals to achieve wellness through coaching. The Life Coach at the DeKalb Medical Wellness Center, Jane and her clients identify, confront and overcome challenges, clarify boundaries and achieve balance through powerful questions delivered in a compassionate and light- hearted coaching style. The author of *Themes: The Resolution Solution, the Effortless Way to Get What You Really Want*, Jane holds a B.A from Agnes Scott College and an M. S. from the University of North Carolina. An experienced coach, her clients include leaders from Fortune 500 companies and professionals from all walks of life. A member of the International Coach Association and the Georgia Coach Association, she has been honored for her leadership and service to the coaching community.