

Donna Nowak Biographical Sketch

Donna Nowak's career spans more than 3 decades and includes nearly 20 years as a specialist in business start-ups and the turnaround of troubled companies. Her desire to assist others in maximizing their leadership potential is a large part of what has made her successful in the corporate world, working both with large companies and entrepreneurial businesses.

Six years ago she founded a 501 (c)(3) nonprofit service organization called *Mind Body Spirit Connection (MBSC)*. MBSC provides education regarding complementary and alternative medicine (CAM) and a holistic approach to healthcare. The organization hosts public educational programs, publishes a directory of holistic/integrative practitioners, provides a no-charge referral service and speakers bureau, and collaborates with organizations interested in enhancing their well-being.

Serving as Executive Director of MBSC, Donna has been helping lead the charge toward integrative healthcare. She has won numerous awards, has frequently appeared on radio and TV, and is a volunteer speaker both in the nonprofit and corporate sectors.



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