

Sydel Howell

Sydel Howell is an expert in personal transformation (and a recovering hyper-achiever), She helps women leaders enjoy professional and personal fulfillment without sacrificing their relationships or well-being so that they can wake up energized and excited to start the day, knowing they're living their purpose and making a positive impact.

Sydel is a certified Catalyst Coach, Chopra Total Well-Being Coach, Health Instructor, and Meditation Instructor, Art of Feminine Presence teacher, and Positive Intelligence coach.

In addition to coaching, Sydel is COO of San Diego Homecare Supplies, the county's largest retail home medical equipment and supply store, started by her mother out of the family's garage in 1989.

In her previous life, she worked in McKinsey & Company's London office and in Washington, DC as an international trade and Latin America specialist. She has an MBA in Finance from the Wharton School of Business and an MA with Honors in International Studies and Portuguese from the Lauder Institute, University of Pennsylvania. She graduated Magna Cum Laude from The George Washington University with a BA in International Affairs and Economics and is fluent in Spanish and Portuguese.

Sydel is a proud single mom to two college seniors who are pursuing their passions and happily making their way in the world.

