



James R. Nowlin

Wellness in the Workplace

Growing up the child of a truck driver and factory worker in the rural foothills of Virginia, James Nowlin always dreamed of becoming a successful leader in business. A millennial, a miraculous near-death drowning survivor, and a first-generation college graduate, James has been humbled by triumph as well as tragedy. A survivor of a 2012 near-death drowning with a complete recovery from a traumatic brain injury, James feels called to dedicate a significant portion of his time to executive coaching, teaching wellness methods in the workplace, and leadership development.

As Chief Executive Officer of financial information technology and management consulting firm, Excel Global Partners (EGP), James has served as a facilitator and executive coach in more than a dozen different industries. He is the long-time executive coach for several CEOs, Presidents,

and high-performing executives of various corporations and universities, as well as a facilitator for countless board retreats and leadership development programs.

James began his journey in personal and professional development nearly two decades ago under the tutelage of forensic psychiatrist Dr. Robert S. Brown, MD, PhD, for whom he served as Executive Administrator and Lead Teaching Assistant for Mental Health at the University of Virginia. James worked in this capacity for several semesters. He has been a student and teacher of Neuroscience and Mental Health for his entire adult life, having taught or worked with nearly two thousand students, executives, and leaders.

James has been featured in corporate publications among the likes of American Express, Quicken Loans, The American Bar Association, Business Equality Magazine, Texas CEO magazine, and more. His longstanding commitment to assisting others across all backgrounds is reflected in his educational background and scholarship. James holds a Doctor of Jurisprudence degree from Duke University School of Law, where he served as Editor-in-Chief of the Duke Journal of Gender Law & Policy and led the publication of its acclaimed *Women in the Workplace* issue. He is a respected panelist on diversity, inclusiveness, and gender in the workplace issues, and has coached a number of high-performing Chief Executive Officers and corporate fiduciaries across several industries.

Prior to law school, James completed the pre-medical curriculum at the University of Virginia with Intermediate Honors and a stint in medical school at the Howard University College of Medicine. He is a graduate of executive education programs at Dartmouth's Tuck School of Business and Northwestern University's Kellogg School of Management, and is admitted to the State Bar of Texas. James is author of the best-selling book that chronicles his journey to finding greater purpose in his life titled, *The Purposeful Millionaire, 52 Rules for Creating a Life of Greater Wealth and Happiness Now*.



In James' free time, he enjoys spending time with his family, all types of live music, gardening, long-distance running, travel, and is committed to daily yoga and meditation practices.

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