



**Uloma Nwogu, Dr.P.H.,
M.P.H., MCHES**

CEO

**STL Coaching and Consulting
Riverside, California**

Uloma Nwogu, Dr.P.H., M.P.H., MCHES, is a public health professional, health educator, certified health coach, and wellness strategist passionate about helping individuals and organizations move from burnout to thriving. With almost two decades of experience in health promotion, Dr. Nwogu has led well-being programs across clinical, academic, and community-based settings, integrating evidence-based coaching, behavioral science, and systems-thinking into practice. Dr. Nwogu is the CEO and principal consultant for STL Coaching and Consulting. She is also the creator of Thrivor Not Survivor[®], which is designed to address the root causes of chronic stress, burnout, and overwhelm and equip individuals and organizations with tools to sustain personal wellness. Dr. Nwogu has worked as a public health professional in a federally qualified health center and various nonprofits locally and globally. Her work is grounded in public health, wellness, and real-world application. Her current research is focused on exploring the impact of health coaching on the quality of life and well-being of breast cancer survivors.