



Liv Bowser is a leading voice for wellbeing, on a mission to strengthen collective mental health through *mindfulness*.

Offering one-time wellness events, speaking engagements, team-building programs, and wellbeing tools, Liv equips teams and individuals with resources to build mental and social wellbeing. Her company, Liberate, is the go-to wellness resource to create a culture of connection and help people better manage stress and build success.



Liv Bowser | Founder + CEO

Liv is the CEO & Founder of Liberate and holds certifications in meditation, mindfulness, yoga, and breathwork. Liv trademarked The 5 Mental Muscles™ and champions collective mental health.

Keynotes:

Prioritize Your Mind: How to Build Mental Fitness

Learn how to exercise The 5 Mental Muscles™ to better manage stress and anxiety and build a mental health toolkit.

Mindful Goal Setting: The Intentional Path to Success

Learn a new accessible and approachable method to consistently let go of stressors and set and achieve clear goals.

As Seen In



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