



Dayna Gowan, M.P.H., CHES
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Dayna Gowan is a speaker, workshop facilitator, improviser, public speaking coach, Distinguished Toastmaster and host of the Improvly Speaking Podcast, which focuses on improv, public speaking, communication, and creativity. Dayna created her business Improvly Speaking to be a more fun, exciting, and engaging way to learn and participate in workshops, webinars, and presentations. Learning public speaking and improvisation skills have changed her life and made her a more confident speaker, colleague, and friend. Her mission is to make all meetings and workshops—whether online or in person—fun and engaging for all attendees. Gowan holds a bachelor of science degree in exercise science and a master of public health degree from the University of South Carolina Arnold School of Public Health. She is also a Certified Health Education Specialist (CHES).