



LaBarron Burwell, MSA, CWP

**Faculty and Employee Assistance (FEAP) Consultant
University of Virginia
Charlottesville, Virginia**

LaBarron Burwell is a seasoned management consultant specializing in wellness/well-being programming. His credentials include certifications as a Certified Wellness Practitioner (CWP) from the National Wellness Institute, Mental Health First Aid (MHFA) from the National Council on Well-Being, and Certified Personal Trainer (CPT) from the American College of Sports Medicine. With a career-spanning collaboration with NASA astronauts, government officials, civil servants, K-12 administration, and university leadership, LaBarron demonstrates adaptability in tailoring wellness solutions. He partners with esteemed wellness brands like Lululemon and global coaching entities like Coaching On the Go. Trained in positive intelligence, LaBarron emphasizes “mental hygiene” to prioritize mental well-being alongside physical health. LaBarron is currently working as an employee assistance consultant at the University of Virginia.