



Jan M. Brown is an advocate and champion for wellness and choice around living a drug free lifestyle. Ms Brown has lived in recovery from addiction for the past twenty-one years. Jan's vocation is as a consultant coach. Her areas of expertise are in addiction recovery and brain injury recovery. She serves in the role of recovery management and life coach for people throughout the country.

In addition, Jan serves as Founding and Executive Director for SpiritWorks Foundation Center for the Soul, the Center for Addiction Recovery & Wellness. SpiritWorks is a 501-c3-recovery community organization based in Williamsburg whose mission is to help people live free from the intergenerational cycle of addiction in their families.

Jan is a noted national speaker on brain injury and addiction recovery and committee member for various community, regional and national organizations. She is a member of the International Coaching Federation (ICF), a member of the ICF Special Interest Group on Recovery, a participant in Recovery Coaching forums and e-communities and President Elect of Recovery Coaches International.

Jan earned a B.A. in Psychology from the College of William and Mary in 1996. She is currently seeking Associate Coach Credentialing with the International Coaching Federation and studying to receive certification as a Professional Recovery Coach through Crossroads Coaching.

To learn more about Jan's foundation, click on the link: [www.spiritworksfoundation.org](http://www.spiritworksfoundation.org).