

CYNTHIA M. GOINS, SPHR – SHRM



Cynthia M. Goins, SPHR – SHRM is a Lead Consultant with Path Forward Consulting International specializing in executive coaching, life coaching, training, and building high performance work teams. She has 30 years of general management and consulting experience across various industries, business functions and segments.

She has a broad range of business acumen with expertise in human resources, marketing, and sales, which she developed over years of managing the P&L for some of the top 10 national apparel brands and collaborating with senior leaders as the strategic HR partner to drive organizational strategy and design.

Cynthia is particularly skilled at inspiring and motivating individuals to live to their fullest potential. Her employee training presentations and executive coaching sessions have helped teams and individuals realize their intellectual, personal, and professional potential, increasing the profitability of their employer. She is a motivational speaker and trainer, and frequently addresses academic, corporate and community audiences on various topics of business and empowerment.

Cynthia's corporate experience includes Sara Lee Corporation (now Hanes Brands) and Duke Power Company (now Duke Energy).

Cynthia earned a B.S in Organizational Communications from the University of North Carolina at Greensboro and an MBA in Marketing from Wake Forest University.

She is a mother of three (3) daughters and lives in Raleigh with her husband Michael.