

Carol Williams

PRODUCTIVITY COACH



ABOUT CAROL

As a solo business owner, certified Executive Coach and single mom of 2 boys, Carol Williams knows what it's like to juggle, building a life she loves.

Carol is a Certified Coach, with 18 years experience in the design professions as a Project Manager. In 2009, Carol struck out on her own, combining her passion for psychology and her project management experience. What has resulted from this transition is a beautiful manifestation of her true self, empowering business owners to own their greatness and achieve success. She helps those with AD/HD get out of their own way, to live the life of their dreams while having the business of their dreams.

CAROL'S MOTTO IS:

"If I can do it, you can too."

When she's not powerfully serving her coaching clients, Carol speaks professionally and plays in the outdoors near her home in Sutton, NH. She loves art, design, and dancing.

TOPICS:

- Envision your year and create your best life ever
- Simplify your life. Make it easy, fun, and successful on YOUR terms.
- Discover what you really want and put your plan into action - really this time!
- How to be productive and successful as a business owner with AD/HD

INTERVIEW QUESTIONS:

Carol's preference is a conversational interview, non-scripted, and flowing naturally.

- How does one create work/life harmony?
- Can I really succeed in business if I have AD/HD?
- How do I transition from a busy life, to a more simplified and less stressful one?
- What is Ikigai and how will it help transform my life?
- How can I find more time to do the things I love?
- How do I stick to a resolution or plan?
- How do I achieve my goals without burnout?
- How do I structure my time to suit me?



Get in touch:

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