



What Will Set You Free

Certified Coach

Stephanie Williams

Stephanie Williams graduated in 2015 from the Institute for Integrative Nutrition as a Health Coach. The Institute's pioneering course included various areas of food and health, including over 100 dietary theories, food and farming, children's health and food politics, innovative mindbody connection teachings, and progressive coaching methods with some of the world's top health and wellness experts. Her teachers included Dr. Christiane Northrup, women's health expert and best-selling author; Dr. Libby Weaver, nutritional biochemist and holistic nutrition specialist; Dr. Andrew Weil, Director of the Arizona Center for Integrative Medicine; Rev. Cynthia James, spiritual leader, Transformational Specialist and best-selling author; and many, many other leading researchers and nutrition authorities. Her education has equipped her with knowledge in natural nutrition, holistic health coaching, and preventive health. She has learned to halt the autoimmune thyroid process in her body through diet and lifestyle changes and she can guide you in making the same changes in your own life! Stephanie was recently certified as a Freedom Coach with Cynthia James' "What Will Set You Free" coaching course. It is her goal to assist clients in finding their soul's freedom and joy in their life journey using the emotional integration techniques learned during the course. Stephanie is transparent in sharing that her own life has been hugely impacted and propelled forward as a participant in this teaching modality. Stephanie earned her Bachelor of Science degree from The George Washington University in Washington, D.C., and is a member of the International Association of Health Coaches. In pursuit of life as a healer, Stephanie recently became a Reiki Master. She continually updates her knowledge of health and nutrition and is currently finishing a course with Andrea Beaman, a well-known thyroid and nutrition expert. Besides being a student of yoga and dance, she loves to read, dabbles in the visual arts and writing, and has a budding passion for astrology.