

Rhonda Y. Williams

MBA, MSN, RN

Master Coach for Stressed - Out Leaders
& Emotional Intelligence Strategist



WHO AM I?

Nearly 10 years ago after a pair of dueling life crises, Rhonda decided to walk away from her career as a senior healthcare executive. She was stressed, feeling unfulfilled, unappreciated and missing precious time with her family. It was time to **STOP THE MADNESS** and **say NO to Stress**. Fast forward, and Rhonda is now a 3x author and master coach helping organizations create stress-free cultures while encouraging leaders to **STOP THE MADNESS**. Rhonda is an emotional intelligence strategist and the founder of Dream Life Leadership Academy where she helps to educate, inspire and empower leaders who feel emotionally hijacked. She is also the host of The Coffee with Rhonda Show: Enter the Stress-Free Leadership Zone.

TOP TALKS & TOPICS:

- **The 5 R's - The Road to Stress-Free Leadership: Value Add :** Is stress-free leadership possible. Absolutely! However, it will require clarity and intention. Leaders using this process will learn to **STOP THE MADNESS**.
- **Who's Eating Your Leaders - Creating a Stress-Free Leadership Culture : Value add :** How well do you know your team? Do you have a sense of their current stress level? Learn 4 must-do's for creating a stress-free leadership culture.
- **S.A.D.D.D. -5 Types of Stressed-Out Leaders: Value add :** Learn the 5 Types of Stressed-Out Leaders and one practical strategy to immediately help you reclaim your sanity.
- **The UCR Advantage-How to Boost Your Emotional Intelligence, Fast! Value Add :** Learn one strategy leaders can use to increase effectiveness, stress-less and reset boundaries for a more well-balanced life.

AS SEEN ON / APPEARANCES :



PRAISE :

- Clinic team: Rhonda's presentation skills are outstanding. She was succinct, interesting and gave real life emphasis to the presentation on EQ!!!
- University of Wisconsin Attendee: Everything was so well explained. There's no information that I felt that I was missing.
- S.M.: Coach Rhonda always say that when we are doing something different it is uncomfortable and scary but we have to **PUSH THROUGH!**
- M.S.: Lo♥️ to see, hear and feel your energy ladies. I enjoy to follow you from the Netherlands. The Coffee with Rhonda Show

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