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EMPOWERMENT



Journey to Balancing Your Life

Our path is made by leaving the
END the RED



with Brandy T. Jones

Journey to Balancing Your Life Archives Available

September 08th 2016: My Mother's Keeper

Being a caregiver of a loved one can be a very overwhelming and emotionally exhausting role. But it can also be incredibly rewarding. Brandy Jones and Dr. Sheila Williams discuss the balance one needs when being a caregiver and you will hear Dr. Williams amazing tale of caring for her mother through clinical depression and multiple sclerosis at the age of 10 and how she persevered and went on to create an incredibly fulfilling and well-balanced life.



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Featured Guest



Dr. Sheila Williams

Dr. Sheila D. Williams is CEO of SW Consulting Services, LLC, Published Author, Motivational Speaker and Director of Education. She holds an MA in Counseling and a Ph.D. in Leadership and Education. Having cared for her Mother who had Depression, Dr. Williams turned this 'challenge' into an opportunity to prove that 'yes you can!' In her book, 'My Mother's Keeper', Dr. Williams gives a candid introduction into her life. It has been suggested that her book be made into a documentary and she embraces that blessing. Dr. Williams continues to live her life as an inspiration to others.

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