



Andrea Williams

Fearless, Fabulous Life Launcher

Author, Speaker & Coach

Andrea helps women at midlife resolve their current frustrations, so they can more fully enjoy all of life's adventures.

With Andrea guiding you with energy, humor and compassion, you'll learn:

- ➔ why you must focus on your natural strengths
- ➔ how to mine and capitalize on your unique experiences and accomplishments
- ➔ how to resurrect long-cherished dreams
- ➔ how to improve your personal and professional life systems
- ➔ how to reconnect with your passions

Fearless, Fabulous Life programs generate new ideas, offer safe but exciting exploration, and give you a stronger sense of what you want now and always. Don't delay in making the most of your Fearless, Fabulous Life!

FEARLESS FABULOUS LIFE PROGRAMS

Fearless Fabulous Life Launch

A 90-Day program to transform how you look at your world and redirect your energies to accomplish your cherished goals. Eight weekly teleclasses plus bonus calls and personalized coaching to help you create a life that showcases your natural strengths and passions.

Fearless Fabulous Fast Track Membership

Multiple monthly interviews and Q&A with self-development experts covering a wide variety of topics throughout the year. Monthly "Laser Coaching" days. Consistent focus to help you maximize the enjoyment and fulfillment you take from life in the company of like-minded individuals.

Female Biz Builder Coaching Program

Launch your "big idea" and build a profitable business. Includes: identifying your passions, creating your vision, researching the best business model, writing a winning business plan, creating products and services, building a support team, automating your systems, measuring success... and developing YOU to handle all the challenges and excitement ahead.

TESTIMONIALS

Instead of thinking that ticking inside you're hearing is a bomb, this helps you reveal what's making you tick, why you act/think as you do, and what there is to celebrate about YOU. It really is all about you!

—Sandy Adams, Communications Director

At this transitional time of my life, the Fearless Fabulous approach re-connected me to my soul physically, mentally and spiritually. Andrea has a keen ability to quickly size up a situation and give very insightful feedback. I am bubbling with excitement and wonder about the future, not fearful one bit.

—Rachel Egan, Business Owner

For so long I have lived with the philosophy that I can do anything I decide to do...and that has masked my ability to learn who I really am and what I enjoy the most.

—Diane Harper, Physician & Researcher

I did a lot of digging and looking inside to understand what it all means. I faced and moved through many fears, and was motivated to take action for some of my dreams NOW. I feel I now have an AA—Alternative Attitude... a more positive way to approach life.

—Lynda Merriam, Administrative Assistant

Wonderful positive & affirming life assessment/change program for women in midlife. Excellent coach.

—Pam Vernon, Realtor

I've only seen glimpses of Andrea's talent and expertise in this work previously, so now I get to indulge myself in it all and I'm delighted.

—June Fisher, Writer & Human Resources Consultant

Interesting, insightful, a gift to yourself to think about you and choices, habits, desires, and fulfillment.

—Deborah Kimbell,
Media & Strategic Communications Consultant

P R E S E N T A T I O N S

Available as keynote speeches, half-day sessions, or full-day workshops

**Andrea will customize her presentation to meet your specific needs and objectives.
Your audience will leave inspired and ready to take action.**

Bored or Burned Out?

What You Must Do Now Before You Blow It Big Time!

Women are more burned out than ever before! Most of us have multiple roles as spouse/partner, mother, working professional, volunteer, friend, and sometimes even parental support. At the end of most days, we find ourselves at the bottom of the list with neither time nor energy to do anything we want. Inertia, lethargy and the slow ebbing of your enthusiasm can harm you more than you think. And, denial, anger and self-sabotage will make everything worse. Andrea outlines ten steps to resolve your current frustrations and happiness leeches, so you can more fully enjoy all of life's adventures.

Facing 50 Fearlessly:

Making Midlife & Beyond the Best Years Yet

Mid-century is viewed as a formidable benchmark in the lives of women. Experiencing physical changes, watching children begin their own lives, renegotiating our closest relationships, and beginning or ending careers can leave the most optimistic among us bewildered if not down right challenged. Andrea shares a process for taking back control, uncovering simmering passions, and building a stronger you for now and always. This path to greater fun and fulfillment is one to use – again and again- as your life and dreams continue to evolve.

Fearless, Fabulous Females:

Success Secrets of Women from the Turn of the Last Century to Today

Walking from Spokane, Washington to New York City with only \$5 in 1896. Relocating to the New Mexican desert in 1929 to live and paint in unique style. Writing about the dangers of chemicals impacting our entire ecosystem in the 1960's. Turning the most public kind of betrayal into a platform for serving disadvantaged across the globe in the late 1990's. Running in the current presidential election as the first truly viable female candidate. When did these women realize something had to give? Why did they do it that way? What sustained them through their greatest difficulties? Where did they turn for inspiration and support? How did they overcome the odds?

A Business of One's Own™:

What It Really Takes to Become a Fearless, Fabulous Female Entrepreneur

It's not enough to have your "big idea" in play to have a viable business. Arming yourself with key self-knowledge and building the right personal and professional support systems to eliminate needless stress are essential, if you want to glide instead of lurch toward your vision of success. Others like you have launched and sustained businesses that fulfill their dreams and make it possible to enjoy the good things in life. Learn how to avoid major pitfalls that women often stumble into when they start and then grow their businesses.

Dynamic Explorations™:

Building Fearless, Fabulous Life Maps to Guide Your Future Self

All the information you need to guide your future has been simmering just below the surface. Catalog your seminal life experiences, note themes and dreams, and allow ideas for your future to unfold. With playful exercises, compassionate analysis, and provocative questions, Andrea will draw out your brilliant vision and lead you in creating your unique Life Map.

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P.O. Box 1022
Hillsboro, NH 03244-1022

603-478-1388

Andrea@FearlessFabulousLife.com

www.FearlessFabulousLife.com



MEMBER
IABC INTERNATIONAL ASSOCIATION
OF BUSINESS COMMUNICATORS

