

## About The Author



**Vincent Williams** is an everyday, common individual, who has always believed in God and himself. He grew up as a southern gentleman in the deep south of Mobile, Alabama. Convinced that life circumstances are but learning experiences, he lives by a simple philosophy - that self-knowledge grows as you subject yourself to self-examination, listening to your own thoughts, and looking at your own actions; to improve your effectiveness.

Mr. Williams is a thought-provoking, enthusiastic, passionate speaker and facilitator. He has been a consultant to church organizations, educators, and college students as well as college and professional athletes. Mr. Williams addresses a variety of areas in human, social, and spiritual development.

The focus of his message is twofold. Foremost, self-actualization – the art being true to oneself - is essential for personal development. His mantra is "Follow Your Passion". Secondly, Mr. Williams believes maximizing one's individual potential requires a mental transformation from the model posed by Western society which suggests that financial and material gain determines success, to living by the principle of a passion-directed life.

Mr. Williams shares the tools, strategies, and achievement principles of champions and peak performers. He is recognized for his contagious, down to earth personality, which enables him to personally connect with audiences. In his seminars, he shares stories of failure, self-doubt, extreme adversity, determination, and success. His message inspires, but more importantly, it provides a blueprint for a life of achievement.

Mr. Williams is President/CEO of Williams Group, Inc. Training and Consulting, based in Charlotte, North Carolina. As a professional lecturer and facilitator, he has addressed audiences nationwide, assisting individuals and organizations with peak performance. His clients have included University of North Carolina

Charlotte, Johnson C. Smith University, United Logistics Corporation, the YMCA of The Greater Carolinas, and a host of public schools across the United States.

Prior to forming the Williams Group, Mr. Williams was employed with IBM for seven years. His exemplary performance led to several progressive positions in the areas of Quality Control and Customer Relations. A demonstrated leader, he chaired an Excellence Quality Team which received the Malcolm Baldrige Award of Quality. He was also recognized for leading an Excellence Morale team, which raised the employee morale index of IBM Charlotte employees from the lowest to highest in the nation.

Mr. Williams was founder, President and CEO of ToDay Courier Service, Inc. for nearly 10 years. The company was noted for its outstanding, no-nonsense customer service, maintaining a national client base including Lance Snack Co., Wachovia Bank, Office Depot, and Lockheed Martin Corporation. In addition, Williams is skilled in sports motivational psychology. He was voted Coach of The Year in 1996 and 2002 and he owns the 1998 Charlotte NBA Pro-Am Summer League Championship Title. He is an advocate of social responsibility to humanity and has a strong belief in mentorship. Williams has been dedicated to a 13-year mentoring relationship with 5 young men in his community.

His affiliations include past and present service on the Life Enrichment Network Board of Directors, Dowd YMCA Board of Managers, Dowd YMCA Volunteer Development Committee-Chair, Dowd YMCA Angel Tree Project Committee, Parks & Recreational Board of Advisors (Mecklenburg County), United Way Campaign Loaned Executive, United Way Allocation Panel, Charlotte Civic League – Treasurer, and Toast Masters of Charlotte.

Please watch for his next book, ***On the Court – How To Compete and Win at Life***, to be released in Fall of 2008. In this work, he draws attention to the importance of self-awareness and perception management. He demonstrates these principles within an analogy of how sports chauffeur athletes through a strategic process of self-efficacy, discipline, fundamentals, and execution, which develops excellence. He believes these principles, when applied and mastered, produce a champion mentality, which in turn, manifests championships. He argues that these same principles and methods are the best-known blueprint for success in life. Lastly, he demonstrates that these techniques are a clear and easily transferable means to champion your life. This work is his dream career. He loves what he does, and does what he loves!