

Hello! My name is Fionna Williams, I am a mother first and above everything. But I am also the oldest and only sister to two boys and I feel like that paired with my college, work experience, and my mom experience has molded me into the person that I am today. I had to help out a lot and they came to me for everything in the book so I learned to anticipate problems to be ready with solutions at an early age. Being in the human services field I had to deal with a lot of high-crisis situations and I learned to thrive in them being able to easily deescalate situations that other people were afraid to get involved in. And this also made me a great problem solver and someone that is courageous, and not afraid to take on challenges. I love when someone tells me that something is impossible or has a list of roadblocks. I am the person that will sit and figure out a way around each one. I am a fast learner and I get excited about learning new things and bettering myself whether it be to advance my career or better my skills as a mom. I have a great ability to adapt to different working environments and have the emotional intelligence to work with just about anybody. In my free time, I am a wellness coach for first-time moms. I love working out, and was a cheerleader for most of my life; after being a mom it was tough to really stick to a solid fitness and nutrition routine and it took a major toll on my mental health. Once I figured it out, I became passionate about helping other first-time moms get past the obstacles to living a healthy lifestyle once they become a parent.

Youtube Video - Elevator Pitch Practice

<https://youtu.be/pWZC56b0sEQ>