



DR. LINDA F. WILLIAMS, DSW

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# Dr. Linda F. Williams, DSW

Trauma Resilience Consultant I Coach



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## BIOGRAPHY

(LONG)

Dr. Williams is the CEO and Founder of Whose Apple Dynamic Coaching and Consulting Services. She holds a Bachelor's in Organizational Leadership, a Master's in Social Work (Advanced Clinical), and a Doctorate in Social Work. After over 36 years in federal Public Administration and labor-management leadership, she now facilitates trauma-resilient organizations through coaching, consulting, and speaking. As a former federal labor-management leader she:

- Received the prestigious FNCS C.A.R.E.S. Award for Excellence in Cultural Transformation. The award was conferred for demonstrating leadership in facilitating and promoting cultural transformation partnerships.
- Within a 3-years, a historically adversarial and contentious labor-management culture into a thriving partnership of mutual respect, honest communication, and alliance.
- Negotiated the most extensive reorganization in agency history affecting over 100 employees and involving national field office closures.
- Won full-time telework option for employees, reduced disruption to work-life and maintained standard performance requirements for teleworkers.
- At the national level, reengineered processes, and procedures for compliance with federal labor laws and negotiated multiple national collective bargaining agreements.

## TRAUMA RESILIENCE CONSULTANT

As a consultant, Dr. Williams facilitates Trauma-Resilient and Trauma-Informed Organizations through coaching, consulting, and speaking. Because employees are fighting a silent battle nobody else knows about.

## TRANSFORMATION COACH

As a coach, Dr. Williams takes survivors of abuse and trauma from pain to purpose so that they take back their power, lean into the truth of who they are, and live their best lives now. She connects them with a Secret Command Center that uproots emotional mind fields that keep them stuck on the wrong side of Destiny's Door.

## SURVIVOR

Linda is a survivor of sexual assault, domestic violence, homelessness, and a 17-year marriage to a man later convicted as a rapist. She knows how emotional trauma and painful experiences shut down purpose and immobilize destiny. She knows, from experience, the courage it takes to face down the past; and she is living proof that "A lifetime of change is empowered by a single act of courage."



## AWARD-WINNING AUTHOR

Dr. Williams is the author of the Award-Winning Amazon Best-Seller, *Whose Apple is it, Anyway! Empowering Purpose to Achieve Your God-Ordained Destiny*. She also wrote *The Shoe Fits: How to Strut Life's Runway, Own Your Truth, and Embrace Your Power*.

## MUSICIAN

Williams is a protégé of Grammy Winning Songwriter and Arranger, Eugene Record; Ms. Williams had three song releases by the Chilites: *You Take the Cake, Do What You Want, and Hard Act to Follow*, all co-written with Mr. Record, who had international hits with *Oh Girl, Have You Seen Her, Soulful Strut, and For God's Sake We've Got to Get More Power to the People*.

## BIOGRAPHY

(SHORT)

For Dr. Linda F. Williams, everything she ever accomplished was in the middle of personal chaos. Stuffing trauma from domestic violence, sexual assault, and divorce nearly destroyed her life and career. After decades of abusive and toxic relationships, stifled professional growth, and financial devastation, she was forced to face the dysfunction that ruled her life. She decided to take

For Dr. Linda F. Williams, everything she ever accomplished was in the middle of personal chaos. Stuffing trauma from domestic violence, sexual assault, and divorce nearly destroyed her life and career. After decades of abusive and toxic relationships, stifled professional growth, and financial devastation, she was forced to face the dysfunction that ruled her life. She decided to take revenge on a past she couldn't change by helping others thrive, instead of just survive, after abuse and trauma.

Now, she takes survivors of abuse and trauma from pain to purpose so that they take back their power, lean into the truth of who they are, and live their best lives now. She connects them with a Secret Command Center that uproots emotional mind fields that keep them stuck on the wrong side of Destiny's Door.

From Capella University, Linda has a Doctor of Social Work in Social Policy with an emphasis on criminal justice. She earned a Master of Social Work in Advanced Clinical Practice and Graduate Certification in Substance Abuse Counseling from Western Michigan University. She also has a Bachelor's Degree in Organizational Leadership from Calvin University.



## OVERCOMING A LESS-THAN-STELLAR CHILDHOOD

- How can a traumatic or painful childhood affect our adult lives?
- What is a “frame of reference” and how does that relate to a less-than-stellar childhood?
- What four things can people do to overcome this?
- What can be expected once someone begins this process?



## 5 STEPS TO CONQUER ROADBLOCKS TO YOUR EMOTIONAL POWER

- What are emotional roadblocks?
- Why do emotional roadblocks exist?
- Why is it important to know about these roadblocks?
- What does it take to conquer these roadblocks?

## BURNOUT: THE NEW MENTAL HEALTH CRISIS

- Why don't engagement and cultural transformation measures have any effect on reducing burnout?
- What leadership approach addresses the underlying causes of burnout?
- When is agility key to effectively supporting employees in a burnout progression?
- Does emotional intelligence training help?



## THE ULTIMATE BOO-PRINT FOR FINDING THE LOVE OF YOUR LIFE

- Why is it that so many not-so-perfect matches may occur when using dating apps?
- What's the most important thing to know when using a dating app?
- What are some telltale signs to look out for on that first date?
- What can we do, right now, to turn our dating and romantic life around?



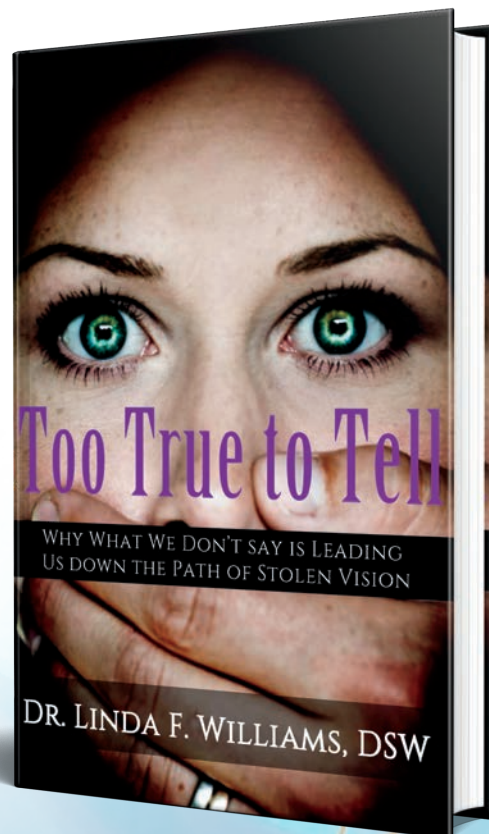


## MAKING SURE THAT SWIPE-RIGHT DOESN'T GO SWIPE-WRONG

- Why do so many dating app matches go wrong?
- Is it possible to weed out the riffraff before wasting our time?
- What should we be looking for, early on, in the dating process?
- What advice do you have for older people returning to the dating scene?

## TOO TRUE TO TELL: WHY WHAT WE DON'T SAY IS LEADING US DOWN THE PATH OF STOLEN VISION

- What led you to write "Too True to Tell"?
- What is the story you thought was "too true to tell"?
- What can we do to gain the courage to tell these stories?
- What can we expect once we talk about these stories?



# WHAT PEOPLE ARE SAYING



## KEN BROO

Six-Time Emmy Award Winning Sportscaster of the Year

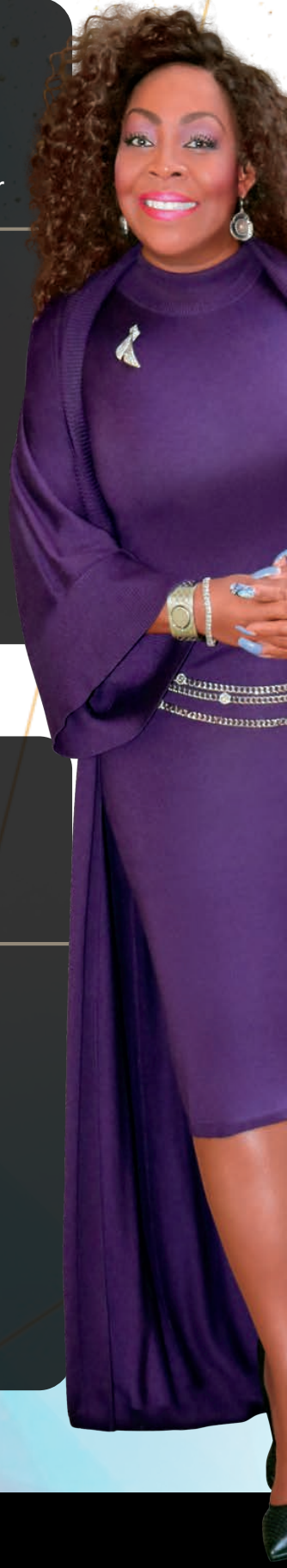
"Linda, you've left me breathless here. It's unbelievable. You are so uplifting. I wanna do this. Can we do this again? I'll tell you what, I would think the reaction to you being on here is gonna be pretty strong. So we're gonna, we're gonna do this again. That was sweet!"



## RYAN FOLAND

Four-Time TEDx Speaker | Featured in Forbes

"I think there's people that are cheering across the nation right now. That was so concise. It's so applicable to somebody from all polar extremes, right? Whether it's losing a business or losing . . . I feel like we need to go take a walk in nature and just let all this process."







## DAVID RALPH

Host of Join Up Dots Podcast | United Kingdom

"She laid her heart on the table and, quite simply, created a show that I go back and listen to myself because it is raw, open, and honest.

I honestly would say don't look any further. Get Linda on because she will deliver something that won't just be powerful for that week, but it would be powerful for the rest of the time.

This is a special woman!"



## EDDIE & TRACY

Eddie Fingers and Tracy Jones (Former Cincinnati Reds Player)

"See, I love the way you talk now. You're motivational, by the way, Linda. I get fired up. You're like Tony Robbins! You're awesome. I'm agreeing with my partner. It's just really cool to hear you talk."



WHAT PEOPLE ARE SAYING

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## DR. LEELO BUSH, PH.D.

Professional Christian Coaching and Counseling Academy

"We are still talking about your session and Keynote. They were riveting. I am so excited about the transformation that will occur in the attendees lives. It's certainly impacted Evan and me. You are a class act, Linda!"

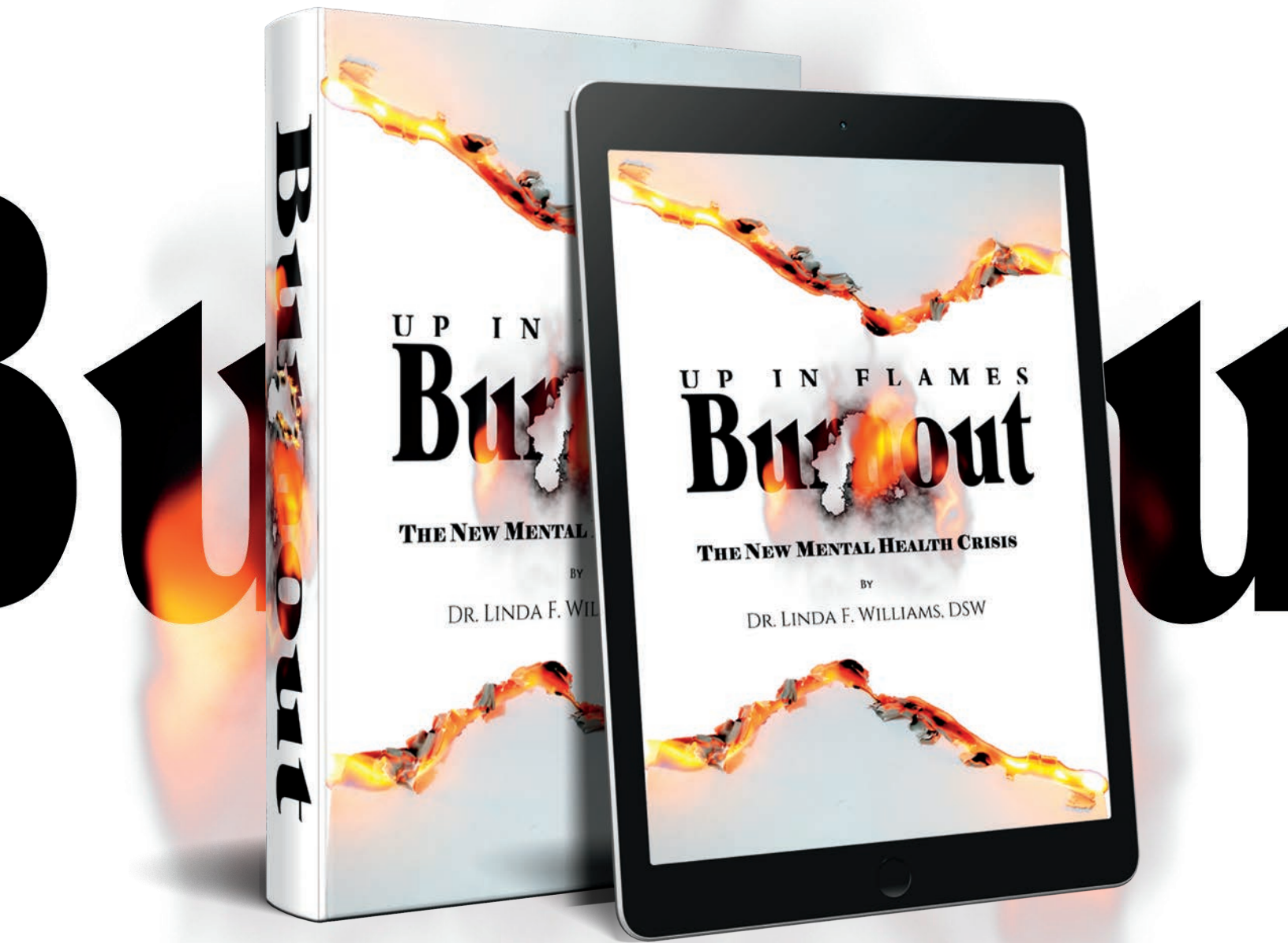


WHOSE APPLE IS IT, ANYWAY: EMPOWERING PURPOSE TO ACHIEVE YOUR GOD-ORDAINED DESTINY



Domestic violence, homelessness, sexual assault, and divorce nearly sidetracked her life. After decades of abusive and toxic relationships, stifled professional growth, and financial devastation, it became clear that something had to change. Eventually, she realized that she couldn't change the past. She could, however, take revenge by helping others root out the mindfields that keep them stuck on the wrong side of destiny's door. This book shows survivors how to thrive after trauma and abuse.

# BURNOUT: THE NEW MENTAL HEALTH CRISIS



Contrary to popular belief, burnout is not an event--it's the final stage of a progression that could be mitigated with appropriate interventions at key points in the succession. The presentation can be tailored for C-Suite leadership or for teams.

# FINDING PEACE IN THE MIDDLE OF CHAOS: HOW TO WIN WHEN YOUR MIND IS THE SCENE OF THE CRIME



Learn how to conquer anxiety and fear in the middle of upheaval and chaos. For survivors of sexual assault, domestic violence, abuse, and other emotional trauma, the current national health crisis is even more of a challenge.

## HIDDEN SECRETS FROM THE MOVIE "INCEPTION"

Revealing secrets from the blockbuster movie, Dr. Williams makes you the Master Counter-Extractor when your mind becomes the "scene of the crime." Dr. Williams lays out practical steps to conquer anxiety and fear in the middle of the chaos.

# THE SHOE FITS: HOW TO STRUT LIFE'S RUNWAY, OWN YOUR TRUTH AND EMBRACE YOUR POWER



Since 100 BC, various iterations of the Cinderella story have evolved. They all carry similar central themes that always include shoes. The 1812 Grimm Brothers' version formed the basis of the fairytale we know today. Yet, considerable aspects of the original were excluded from the current version.

Dr. Linda F. Williams, reveals the mysteries left behind when key sections were excluded and how those sections contain the secrets that will put an end to imposter syndrome forever!

# ARTICLES



**THE OPRAH MAGAZINE**  
14 TIPS FOR DATING AFTER DIVORCE



**CHICAGO TRIBUNE**  
PRINCE HARRY AND MEGHAN MARKLE SAID THEY ARE SPENDING LESS TIME WITH FAMILY. HERE'S HOW YOU CAN RESET BOUNDARIES.



**HUFFINGTON POST**  
99 "LIMIT BREAKING FEMALE FOUNDERS" SHARE THE MOST IMPORTANT LESSONS LEARNED FROM THEIR EXPERIENCES



**THRIVE GLOBAL**  
PHYSICAL HEALTH & MENTAL HEALTH LINKED, EXPERTS SAY



**GLAMOUR MAGAZINE**  
5 WAYS YOU'RE APOLOGIZING WRONG

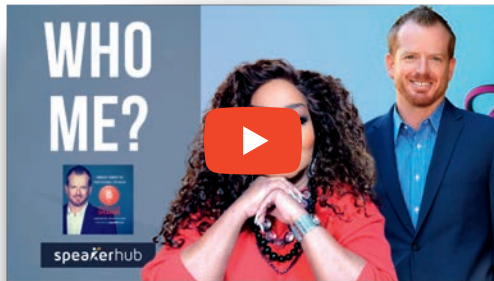


**REDBOOK**  
33 TINY HABITS THAT ARE SLOWLY RUINING YOUR RELATIONSHIP



**READER'S DIGEST**  
29 TIPS FOR FINDING LOVE IN YOUR 40S

MEDIA LINKS



**SOCIAL MEDIA STATISTICS**

INSTAGRAM 1,076 | YOUTUBE 1.4K |

TWITTER 13.3K | LINKEDIN 6.4K |

FACEBOOK 16.7K

