

BARBARA WILLIAMS

Barbara Williams is an accomplished business coach, writer, speaker, and podcaster. She co-hosts The CIRS Group Podcast, is a co-founder of the health community TheCIRSGroup.com, is a business group facilitator for TomSchoolofLife.com, and loves helping clients create the businesses of their dreams. Barbara has built her own successful businesses and utilized that experience to coach hundreds of people in creating a life they love through starting side hustles, growing businesses, and finding health through meat-based lifestyle changes and protocols. Whether she's working with liberty-loving entrepreneurs or the chronically ill seeking healing, Barbara leads with empathy and encouragement, motivating people to make sustainable changes to start living the life they want. She has been featured on the Tom Woods Show and spoke at his annual event in Orlando, and has been interviewed on the Nutrition with Judy Podcast, The Nourished Soul Podcast, and The O'Leary Review. Barbara lives in Las Vegas, Nevada with her boyfriend, Allen, and their two German Shepherds.



BUSINESS ♦ **FITNESS** ♦ **SELF-DEVELOPMENT** ♦ **HEALTH** ♦ **ADHD**

TALKS

- Starting a business** ♦ Do what you love
- Health and business** ♦ Turn your passion for health into a business you love
- Growing your business** ♦ How to build an online community and why they're important
- Neurodivergent challenges** ♦ How to implement healthy lifestyle changes when you have ADHD



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