

**CONSULTANT PROFILE – VAL WILLIAMS****EXPERIENCE AND PROFESSIONAL EXPERTISE**

Val Williams is owner of Professional Coaching and Training, Inc. – a fourteen year-old firm that specializes in helping senior executive leaders and their teams increase their leadership impact. ([www.valwilliams.com](http://www.valwilliams.com)) Clients appreciate Val's extensive coaching and business experience, since Val has led staffs of over 700 people when she was an executive herself. In coaching senior executives from Director level to C-level.

**Val focuses on partnering with leaders to create strategies in these key areas:**

- **Vision development**
- **Strategic Planning**
- **Team alignment**
- **Execution**
- **People development**
- **Executive Presence**

**TRAINING AND EDUCATIONAL BACKGROUND**

- 25 years of business experience as first a Managed Health Care corporate executive and then business owner and Consultant.
- Master Certified Coach (MCC) through the International Coach Federation (ICF) since 1997.
- Master's degree in Counseling Psychology from Boston University. Bachelor of Science from Tufts University.
- Graduate of post-graduate program on coaching from Newfield Network.
- Member of the Executive Coaching Summit, an elite worldwide network of senior executive development experts researching and integrating best practices in the field.
- Author of 5 books on leadership: *"Get the Best Out of People and Yourself"*, *"Virtual Leadership"*, *"Executive Think Time"*, *"Executive Foundation"*, and *"Butterfly Coaching"*.

**CLIENTS**

Bristol Meyers Squibb, TIAA-Cref, Fannie Mae, Wachovia, Novartis, Quest Diagnostics, Schering Plough, AT&T, Harvard University, Washington Mutual, SBLI, Prudential, and many others.