

CHARLOTTE ANN WILLIAMS

OBJECTIVE

To teach, guide, coach, instruct, and facilitate all aspects of healthy lifestyle behavior, positive attitude, and mental well being as it relates to the general population, especially professional women in the public eye age 35 and older.

CERTIFICATIONS AND EDUCATION

Certified Coach – International Coaching Federation accredited, Coach Training Alliance, 2004 – current

Certified Lifestyle and Weight Management Consultant, American Council on Exercise, 2007 - current

Cleveland State University, Cleveland, Ohio
Masters of Education Degree – 1977

◆ Fellowship Award

Hiram College, Hiram, Ohio
Bachelor of Arts Degree – 1976
Physical Education

PROFESSIONAL MEMBERSHIPS

American Council on Exercise

International Coaching Federation (ICF)
San Francisco, CA Chapter

Coach Training Alliance, accredited ICF affiliate

SELECTED CREDITS

- **Lifestyle and Weight Management Consultant;** 2003 - current
- **Group Exercise Presenter, Speaker, Pioneer**
International convention and workshop speaker in 22 countries including: Australia, Brazil, Canada, England, Finland, France, Germany, Greece, Holland, Hong Kong, Italy, Japan, Korea, Mexico, Norway, Philippines, Spain, Sweden, Switzerland, Taiwan, and the United States; 1988 – 2001
- **Personal Fitness Trainer;** 1992 -current
- **Sponsored Nike Fitness Athlete and Master Trainer**
Paid endorsement contract for clothing, athletic shoes, fitness videos, and other media
Conducted workshops, master classes, and lectures promoting health and fitness worldwide; 1992 – 2001.
- **Recognized Provider of Continuing Education Credits of Review and Advanced Study for the American Council on Exercise (ACE);** 1989 -2002
- **American College of Sports Medicine Examiner;** 1989 -1995
- **Aerobics and Fitness Association of America (AFAA) Approved Continuing Education Provider;** 1989 -2000
- **Producer and feature performer in teacher trainer and group exercise videos;** 1992 – 2002
- **Published writer and author;** 1993 - current