

# Shelita Williams R.N.

Motivational Speaker, Author & Goals Coach  
Live your dreams achieve your goals and Reign in Life!

I help women entrepreneurs who struggle with achieving their health and fitness goals, to lose weight, increase their energy, boost their confidence and increase their brand integrity so that they are poised, fit and motivated to start, manage and grow their business!



A much sought after, motivational speaker, and author Shelita Williams is known for her no nonsense style of teaching. As a successful business woman she is C.E.O. of Reign in Life Enterprises as well as other businesses. Shelita has an uncanny way of taking complex principles and transforming them into easy to follow guidelines. Through her down to earth teaching and coaching, she inspires women to discover their purpose, gain confidence and *Reign in Life!* A frequent guest on radio & TV talk shows, she has appeared on TCT as well as hosting her own online TV and radio show called Reign in Life. She is a magna cum laude graduate from Word of Faith Bible Training Center.

Her mission is to teach people how to utilize the principles in the Word of God to live their dreams, achieve their goals and *Reign in Life!*

## A few of the topics that Shelita speaks on are:



- \* **Now is Your Time to Reign in Life!** Shelita teaches the 7 principles of diligence from her book *How to Reign in Life!* Shelita wants people to know That God has called them to Reign in Life! That despite their past and their present circumstances they can still *Rise to Reign!*
- \* **How to Reign in Your Lane!** Shelita teaches principles on how to discover your God given purpose. When you know who you are in Christ and what God called you to be then truly you are ready to Reign!
- \* **How to Reign in You!** It is impossible to Reign in Life if you lack the confidence to do so. Shelita teaches principles do develop self-confidence, self-love, self-value.
- \* **How to Reign in Health and Fitness!** As an R.N for over 16 years and overcoming obesity losing over 80 pounds. Shelita teaches the principles to develop a healthy lifestyle so that you can have the energy, strength and stamina to Reign in Life!

To invite Shelita to speak to your group or for more information visit  
[www.shelitawilliams.com](http://www.shelitawilliams.com) or call 888.688.2427

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Shelita spoke at our September ACW meeting! She shared how she wrote her book "How to Reign in Life!" in just 21 days! Her presentation was informative, funny and inspiring! She really focused on goal achievement and pushing pass distractions and obstacles to achieve the goal of writing a book. She left giving the aspiring authors a 21 day challenge to write their books equipping them with the information and motivation to make it happen!

**Venus Mason Theus, President of American Christian Writers, Detroit**

Miss Shelita Williams was an integral participant today as our guest speaker. Her speech was on point, rousing, and very inspirational. It resonated with me as well as everyone else that heard it. I enjoyed it thoroughly and I took away some kernels of insight and wisdom for myself individually so I would love to hear her speak yet again in the future and today she was outstanding!

**James Cohen, founder , 5<sup>th</sup> Annual Detroit Black Business Women Expo,**

I came in with high expectations, because I had went to the website so I had a little bit of knowledge beforehand but Shelita Williams superseded all that I expected the workshop was really informative, we were able to laugh we were able to share some issues and more importantly we went away know our purpose, thru prayers praise and purpose we can have it!

**Angelique Peterson, Chairperson Fellowship Chapel Women's Retreat, 2011 Women United in Power, Purpose, Praise Retreat**

Shelita Williams was awesome! We are so ready to Reign in Power and Purpose! We were wonderfully blessed with her message today and the ladies actually experienced elevation with Shelita Williams!

**Rev. Celeste Kelley Co-founder, 4<sup>th</sup> Annual SISTAHS Embracing the Elevation Conference**

