



# Dr. Natasha WILLIAMS

AWARD WINNING RADICAL SELF CARE AND  
LEADERSHIP EXPERT

CLINICAL PSYCHOLOGIST . BEST SELLING  
AUTHOR . INTERNATIONAL SPEAKER



Dr. Natasha Williams moves women from "typical self care" to radical self care by redefining selfishness so that they can improve their physical, emotional and mental health. During her 13-year career as a Clinical Psychologist and the Clinical Director of her own practice "Allied Psychological Services" she has empowered many women to challenge their gender, cultural and ethnic paradigms in order to create a new narrative for themselves so they can work through their healing process, live their life on their own terms and ultimately become the best versions of themselves.

Dr. Natasha Williams' work is published in academic journals, she is also an accomplished professional speaker and a member of the Canadian Association of Professional Speakers. She has traveled across Canada and the United States as well as around the world to places such as Hawaii, Peru, Japan, South Africa, Trinidad, Suriname, Haiti, Jamaica and India where she has spoken at major conferences, trained medical staff and lectured at post-secondary institutions.

" Dr. Natasha Williams is a dynamic speaker and philanthropist that is unapologetic on her quest to empowering women to step into their authentic selves. Her mission is clearly to ensure that women feel no shame in speaking their truth. "

- Kym Niles, Make Ur Mark

## KEYNOTE TOPICS

### EMBRACING SELFISHNESS

**Its not what you think! How to redefine selfishness as radical self care.**

The word selfishness has received a bad rap. Especially for women where in many ways' society has asked them to define their superior womanhood by self sacrifice and ultimately placing themselves on the back burner.

With the use of clinical psychological research data, I am going to challenge you to look at selfishness differently.

#### Participants will learn that:

- Selfishness is not a bad word.
- Changing your language, changes your mindset
- There is courage in jumping out of your comfort zone.

### AGGRESSION IS SOOO YESTERDAY

**Using Assertive Communication as the key to women's empowerment**

Usually aggression is seen as a positive attribute in males. It is perceived that someone who is aggressive is seen as strong, command their environment and ultimately get what they want.

Through psychotherapeutic intervention strategies, we allow women to understand that there is a difference between aggressive and assertive

#### Participants will learn that:

- Aggressive and assertive are not the same thing.
- Assertiveness is a must to stand up for your own or other people's rights in a calm and positive way,
- Assertiveness communication leads to self empowerment.

# WHY HIRE DR. NATASHA

1. She helps YOU the conference coordinator provide a revolutionary experience for your audience
2. She empowers your audience to challenge their gender, cultural and ethnic paradigms and create a new narrative for themselves.
3. She moves your audience to embrace radical self-care by redefining selfishness.

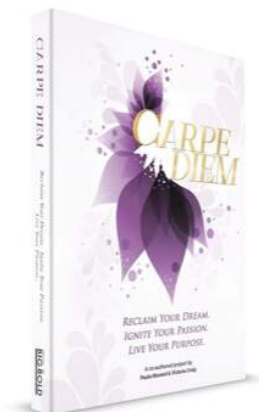
## DR. NATASHA'S OTHER KEYNOTES

**The Archetype of The Strong Black Woman!** Breaking the stigma of mental illness for Black Women to embody mental health and wellness

**The Superwoman Syndrome!** How embracing the superwoman negatively impacts women's mental health and the keys to cure the syndrome.



## BOOKS & COURSES



## PARTIAL CLIENT LIST

- University of Toronto
- Catholic Children's Aid Society
- Provincial Crown Prosecutors
- Toronto Catholic District School Board
- South African Pan African Psychology Conference (PAPU)
- Women's Health in Women's Hands CHC
- The Association of Black Psychologists - Conference
- College of Psychologists of Ontario - Barbara Wand Seminar
- Jamaican Canadian Association - Women's group
- Psychotherapy and Supervision Conference - Holland America

## TESTIMONIALS

"After reading Dr. Natasha Williams story in 'Carpe Diem', one that I was very much excited about, it connected the dots of her career in such a profound way for me."

- Marie-Claud Felicien, Nurse, Women's Health in Women's Hands Community Health Centre

"Dr. Williams is an amazing woman who is dynamic and incredibly knowledgeable. She is an amazing example of excellence and a great leader in our community. She is able to present information on topics in such a way that transforms the audience and leaves them wanting more." - Karen Carrington, The Karen Carrington Show

FEATURED ON:



The Weight She Carries



Let's Connect

BOOK DR.  
NATASHA

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