



# Jayne WILLIAMS

LIVE HAPPY ♥ HEALTHY ♥ WHOLE

## CONTACT

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## Jayne Williams, C.H.H.C, A.A.D.P, N.L.C

Jayne is the go-to Mindset and Digestive Health Expert and an internationally renowned speaker and host. **She's changed thousands of lives in the span of a 30 minute talk.** As a sought-after expert, she frequently weighs in on health, cooking, nutrition, mindset, and digestive health on NBC, ABC, FOX, MSN, GOOP, and more.

She has the pleasure of inspiring and guiding large audiences to become the absolute healthiest, happiest version of themselves.

As a wellness partner for major brands like Amare Global, she has guided companies to optimize the health of their employees and customers.

**Want to inspire your audience to make real changes in their health and life that will actually stick?** Jayne's engaging stories, her approachable style and laser sharp coaching will have your crowd on the edge of their seats.

## JAYNE'S EXPERTISE

- Digestion Optimization
- High Achieving Mindset
- Weight Loss
- The Power of Intuition
- Healthy Living Strategies
- Empowering Women
- Gut-Brain Connection
- Mental Wellness
- Corporate Events
- Retreats

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