



Sharon Lee Williams, M.A.
SEX & RELATIONSHIP COACH

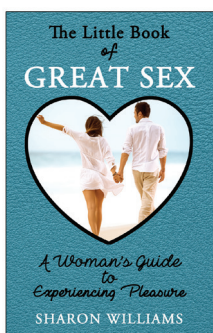


Sharon Lee Williams is a sex and relationship coach for women and couples. She holds a master's degree in counseling and human relations and a bachelor's degree in social work. She is certified by the American Association of Christian Counselors as a life coach and is also a certified facilitator for *Prepare/Enrich*, a program which equips couples for healthier relationships. She is a certified Integrative Nutrition health coach as well.

Sharon struggled with sexual difficulties since her marriage in 1997. To make matters worse, chronic pain became her constant companion in 2007, and she was diagnosed with multiple sclerosis in 2018. Nineteen years into marriage, with God's help she pursued sex therapy and finally learned the skills she needed to turn that bus of sexual disappointment around and get on the road toward sexual fulfillment and vitality. Therefore, she is well acquainted with the relationship between mind, body, and spirit and how our health and sexuality are interconnected.

Drawing on her own experiences with marital and sexual healing, she focuses on:

- Equipping partners for vibrant relationships
- Overcoming challenges to sexual intimacy
- Mastering relational and sexual communication
- Thriving in chronic illness and pain
- Integrating healthy living and sexual health



She is the award-winning essayist of "Bridging the Orgasm Gap" and the author of *The Little Book of Great Sex: A Woman's Guide to Experiencing Pleasure*. She has been personally mentored by million-copy best-selling author and life/relationship coach Shannon Ethridge through her B.L.A.S.T. program.

In her spare time, Sharon enjoys chocolate in all forms, spending time with family and friends, art journaling, painting, and playing her electric bass guitar in her church worship services alongside her husband who plays piano.

sharonleewilliams@gmail.com
www.sharonleewilliams.com