



## Podcast Information

Well, it's that time! I'm super excited to interview several high-impact widows and community leaders:

**Dr. Sarah Williams, (Chesapeake, VA) *With Mistletoe and Memories: A discussion of widowhood and surviving the holidays.*** Dr. Williams is a Licensed Psychotherapist and a walking billboard for career women for those who desire to reach Boss Mom goals! Known as the Celebrity Psychotherapist, she is devoted to ending the Mental Health Stigma. She's also the TV Host & Creator of her own television show, Dr. Sarah After Dark. She was also a consultant for members of the Surviving R. Kelly docu-series, and also a guest Clinical Evaluator for the A&E TV docu-series, Intervention. Although a 'therapist to the stars', Dr. Sarah still maintains her private practice and specializes in providing services to Women of Color, Widows, the Military, and parents of children with Autism or other special needs. Visit her at [www.iamdrsarahwilliams.com](http://www.iamdrsarahwilliams.com) or follow her at @drsarah.w

**Dr. Geneva Williams, (Detroit, Michigan) *Making Holiday Plans: Create Your Most Vibrant Life in Widowhood.*** This former Ms. Black Fit and Fine Beauty Pageant winner and Award-Winning non-profit executive. She's a Leadership Strategist & Podcaster of Ignite2Impact that features insightful conversations with innovative leaders in business, nonprofits, government, and the arts and can be heard on iHeart Radio and Apple Podcasts. She's also the author of the newly published, Living Life Over 50: Secrets to finding love, your vibrant style and what's next for you available on Amazon.com. Visit her at [www.DrGenevaSpeakks.com](http://www.DrGenevaSpeakks.com) or @drgenevaspeaks

**Kimberly Wiggins (Eastern Shore, MD) *20/20 Vision with Cloudy Glasses.*** Simply put, how to envision a positive future for yourself after the worst thing that has ever happened to you! Kimberly is

currently a morning anchor at WBOC-TV, Delmarva's #1 source for news in Salisbury, MD. She also helped co-found a faith-based, online retail company called Still His which offers products for widows and widowers interested in sharing the love for the Lord through her merchandise. Kimberly is also a contributor to Widowed, But Not Wounded: The Hustle and Flow of 13 Resilient Black Widowed Women and a proud member of the Delta Sigma Theta Sorority, Inc. She may be contacted at [www.stillhis.com](http://www.stillhis.com) or @stillhisstillhers

**Minister Gwen Wayne, (Little Rock, Arkansas) *Grieving Out Loud.*** Gwen is an evangelist, life/grief coach & online influencer whose 5-minute Christian inspirational video hit over 2M views with over 40K shares. Her mission is to lead others to Christ, to love as Christ loved and to run this race by Faith! In 2013, Evangelist Wayne started chronicling her life's journey as she stood faithfully with her husband of 32 years as he fought cancer. With an anointed touch, she offers an environment of unconditional love and support to enhance the healing and spiritual growth of those who have faced the loss of a loved one. You may reach her at @gwenwayne37

**Carole Davis, (Orlando, Florida) *Life After Loss Can Still Be Beautiful.*** Carole is a songstress & actress who has participated in various stageplays including Annie and A Raisin in The Sun as "mama" which was performed at the Orlando Museum of Art in Orlando, Florida. She has also performed in many other venues in New York including the Lincoln Center. She has done several projects including local commercials, industrials, and independent films and has recently landed the role of Clairee' in Steel Magnolias. She married the love of her life, her soulmate, Greg Davis, Sr. in 1982 and out of that union produced one amazing son, actor Greg Davis, Jr. You may follow her at @carole7davis.

**LaTrice 'Elle' Davis, (Chicago). *Embracing Your Grief and Redefining Your Journey.*** Entrepreneur/Widow Advocate/NonProfit & Leadership Development Professional. She has more than 18 years of experience in non-profit management, program & partnership development/management, staff training, and facilitation. She's been widowed since 2014 and lives on the south side of Chicago with her seven-year-old daughter. She's also a proud member of Delta Sigma Theta, Sorority, Inc. Follow her at @elledavisspeaks

**Robert "Dr. Bob" Wright, *Existential Grief: The invisible hole in your heart that you can feel but can't see!*** Dr. Bob, the Stress Relief Doctor, is an Executive Stress Mgmt Wellness Coach who helps high achieving individuals and groups get ahead of the stress curve by giving them the tools they need to address and dissolve their habitual stress, anxiety, grief, and chronic pain.. You may follow him at @stressreliefdoc or visit [www.Stressfreenow.info](http://www.Stressfreenow.info)

Tune in on November 9 at 2 pm Eastern. Call 563.999.3693 or listen online here:

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