As a Creative ARTS Holistic Life Coach, C Imani Williams utilizes the art of jewelry design with natural beads and stones as a form of trauma release with aspiring jewelry designers. It's all about the healing energy for her. The movements are rhythmic and repetitive, creating a cadence that may help with anxiety while providing a sense of calm. She has taught art to high school students in Detroit, MI, along with community-based workshops for survivors of sexual assault (youth and adults), women's groups, and agencies serving at-risk youth. Williams is committed to helping others reclaim their voice through holistic creative arts.

Williams is also the self-published author of Rootwork: Triumph Over Trauma. She offers Creative Writing and Performance-based author talks to community-based organizations and schools. She believes the creative writing process is useful to anyone working on better self-care. Williams holds graduate degrees in Counseling and Creative Non-Fiction Writing. She believes in the process as she has lived it, taught it, and helped others on the healing journey.

## School & Community Workshops

**AfroCentric Jewelry Design Workshops** – virtual & in-person  
The art and history of African beads and shells  
**Let’s Create Jewelry Design Workshops** – virtual & in-person  

**Let’s Create Writing Workshops** – virtual & in-person  
- Introduction to poetry, personal essays and short stories as a creative outlet.  
- Survivors Writing – journaling for clarity and the healing process  
- Tips for Success – Exploring magazine writing  
- Crafting the Personal Essay for Magazine Publication  
- Avoid Costly Self-Publishing Mistakes