



Katrina Williams is from the Southside of Fort Worth, TX! She and her older brother, Brian, were raised by their amazing mother, Phyllis Williams, who always encouraged them to lead by example, be respectful, and **DREAM BIG!** Her family served as the greatest form of love and support. They instilled strong standards and morals in her heart and helped her develop an entrepreneurial spirit! Katrina has always been focused on building a personal relationship with **JESUS CHRIST**. She lives a **CHRIST-CENTERED** life and she credits her family for being her greatest inspiration! Witnessing her family work together and sacrifice to help each other has planted the seed of **SERVICE LEADERSHIP** in her heart!

Katrina graduated from The University of Texas at Arlington with a Bachelors of Science in University Studies. She also graduated from Angelo State University with a Masters in Education in Student Development and Leadership in Higher Education. Her upbringing and collegiate experiences are what sparked her passion for helping the youth! As a first-generation college student, she endured many failures due to a lack of information and not being properly prepared. When she walked across the stage to get her degree, she declared that she would bridge the gap between the community and college campuses.

Immediately after graduation, she published her first book entitled *Memoirs of Virtue: The Evolution of a Scholar*. In this book, she shared her personal collegiate experiences, including her failures. She filled this book with helpful tips and advice on how to handle various situations that college students may face. This book acts as a guide to help students smoothly transition from high school to college! It provides a support system for students as they transition from college to begin their own life journey.

She's a **TRUE TEXAN**, so she values her **FAITH, FAMILY, FOOD**, and of course, **FOOTBALL!** It's safe to say that the Dallas Cowboys have played a huge role in her development! Everyone in her family has played sports, especially softball, so naturally, she picked up a bat and glove at the age of 2. She has participated in softball, basketball, and track & field events throughout her entire life!



Unfortunately, she never fulfilled her dreams of playing at the collegiate level due to a knee injury. Although her athletic competition days are over, she simply can't stay away from sports. The lights, the sound of whistles blowing, and sneakers squeaking on the hardwood floors brings her so much peace. She continued to submerge herself in sports by coaching many youth league basketball teams and mentoring student-athletes. She also served as an Academic Coach for Division I student-athletes at Texas Christian University. Her love for the game, teaching life skills, and preparing students for college and life is what inspired her to become a Transition Life Coach!



She genuinely loves to see others **WIN**, especially the youth. Her passion truly lies in working with people, but she specializes in working with student-athletes. She has mentored and worked with numerous students for the past 16 years. Coach K calls herself a **SPARK PLUG**, because she supplies **LIGHT** in dark places to help others discover what's already living inside of them. Her mission is to help others realize their potential and capitalize on their opportunities! She values being an educator, a connector of people, and a conduit for change! Her ultimate goal is to help others **TRANSITION WELL**! She's on a mission to simply help you "**GET STARTED**" create a **PLAN OF ACTION**, take **OWNERSHIP** of your experience, and set a **STANDARD** for your journey!