



## Moms in Business: 3 Keys to Avoiding Guilt and Overwhelm

Traci L. Williams is the Founder/CEO of *A Loving Way to Parent*. Despite being raised in an alcoholic home, being a survivor of domestic violence and spending most of her nearly 30 years of motherhood as a single mom, she found a way to stay at home and provide for her three children by starting her own business in 1989.

For more than ten years now, as a Certified Life Coach and Performance Consultant, she has enjoyed assisting families in creating balance and healthy relationships. She currently serves as Vice President of SMART Moms, a single mothers nonprofit support group and has published two books. She enjoys teaching and speaking to inspire, uplift and encourage women everywhere. [www.alovingway.com](http://www.alovingway.com)