

## **About**

Entrepreneur of 17 years, Business Coach, Certified Life Coach, + Accountability Partner, Tiffany Williams, hosts this show as a platform to further her work in the business, personal, and professional development space.

She focuses on helping busy, overworked, overwhelmed professionals gain a clearer perspective as it pertains to time management, work-life balance, and more.

Many things to be balanced, this is the podcast for a little bit of this and a little bit of that :) From spirituality, wellness, relationships, family ties, careers, entrepreneurship, getting organized, time management, + having fun through it all...

This is life! This is Life: Unscripted!

## Listener Demographics



United States 97%
Ireland
Nigeria
Australia
Germany
Puerto Rico
South Korea
Singapore



49% Female 51% Male

Canada



0-17 Years of Age 3%
18-22 Years of Age 14%
23-27 Years of Age 5%
28-34 Years of Age 3%
35-44 Years of Age 62%
45-59 Years of Age 14%

## The Host Tiffany Williams

- CEO & Founder,
   Organized Energy Coaching & Consulting LLC
- 17+ Years of Entrepreneurial Experience
- Certified Life Coach
- Business and Professional Development Trainer
- Workshop Facilitator
- Mom of Four Children
- Plant Mom of Eight
- Music Lover with Two Left Feet

