



CONTACT

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SPEAKING POINTS

- The Power of Breath in the huddle
- Self-regulation through Self-awareness: 533 meditation for performers
- 3 Strategies for mental wellness in your athletic program
- Shifting the perspective: why mental toughness is not mental health

EXPERT ON

- Yoga for athletic recovery & restoration
- Sports based youth development (SBYD) interventions & programming
- Meditation & mindfulness in a sports setting
- Emotional Intelligence development for athletic coaches & trainers

PRESS

Well+Good Magazine
RealFansRealTalk Show, BRIC TV
NYC Youth Council DYCD
David Meltzer Live

WEBSITE



COACH D. GET FIT FLY RIGHT

MENTAL HYGIENE STRATEGIST & SPEAKER

ABOUT ME

Coach D is a dynamic thought leader with a different approach to coaching mental wellness. Being an athletic coach for 15 years, she has a unique duality and understanding of exercise. "Mental Toughness IS NOT Mental Health", is the motto she uses to illustrate the need for more attention to emotional intelligence training for coaches. Her methods are described as unorthodox, yet effective and salubrious. Her aim is to motivate change by providing coaches and athletes with the tools to develop a daily mental hygiene regimen. Coach D is a survivor of police brutality, depression and anxiety as a result of multiple surgeries, the death of her parents two years apart and homelessness. She vowed to heal; be an example for her fellow coaches and athletes by speaking up about mental wellness to other teams. Get Fit Fly Right as she describes is her "Bow" and TheAthleteProject her "Arrow".

Coach D has navigated her own mental well-being through challenging circumstances and created lessons out of her strife. The benefits of meditation, mental hygiene over mental toughness, stress management, and breath development have become the focus of her speaking and coaching. She now encourages other leaders in sport to develop the emotional dexterity and intelligence to destigmatize mental health.

TESTIMONIALS

"Coach D. Williams has proven to be knowledgeable about the game and the needs of athletes. During her time at SU camp, she has introduced new styles of coaching and innovative techniques for player development. She's employed different meditation practices and exercise systems helping campers improve in all areas of their game."
- Jim Boeheim, Head Coach Syracuse Men's Basketball

"Coach D has a large impact on our girls. She helps to train players' minds about a particular focus or a variety of other topics. She does a great job getting players to focus; creating a calm environment that helps shift player mentalities to new potentials in themselves." – Coach Andrew Chappelle, Columbia Grammar Preparatory School Head Girls Varsity Basketball coach

