

CINDEE WILLIAMS



- ▶ Maxwell Certified Leadership Coach
- ▶ DISC Behavioral Consultant
- ▶ Faith-based, Transformational Coach
- ▶ Podcast Host + Author + Keynote Speaker



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Cindee is a Maxwell Leadership Certified Speaker and a DISC Behavioral Consultant. She is also the founder of the LEAD My Life coaching platform and the host of the [52 Coffees Podcast](#). Cindee empowers empty-nest women to rediscover who they are, gain confidence, & find their purpose. [For more information, visit Cindee's profile here.](#)

Conversation Starters for Cindee Williams

1. Your work focuses on women navigating the empty nest phase. What inspired you to support women during this critical life transition?
2. How do you help women honor their role as mothers while stepping into a new season of life?
3. You often talk about 'wisdom years ' instead of viewing midlife as an ending. How does this perspective shift change everything for the women you work with?
4. How can women start building a legacy of impact during their wisdom years?
5. What's the biggest misconception women have about starting something new in their 50s and 60s? What are some common fears holding them back from pursuing their dreams?
6. What's the first step for women who feel stuck and unsure about their purpose?
7. Can you share some practical strategies for dealing with the loneliness that often comes with an empty nest?
8. Why are mentorship and support systems crucial for women navigating life transitions?
9. What role does faith play in helping women transition from feeling lost to living with renewed purpose?
10. You use something called the DISC Behavioral Assessment in your work. How does this tool help women understand and reinvent themselves during midlife?
11. How do you address women's financial concerns about investing in themselves at this stage of life?
12. Can you share a success story of a woman who transformed her life through your LEAD My Life program?

To book Cindee for your podcast, please contact her agency:



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