

Seneca Williams, LMHC is the founder of The Conquer Network, a personal development business, to help entrepreneurs build mental wealth for mind, body and business. She facilitates programs for service-based entrepreneurs, ready to break through business anxiety and beat business burnout.

Seneca Williams, LMHC is also a licensed therapist for careerpreneurs and entrepreneurs with high functioning anxiety and depression. She facilitates mental health training to improve work-life alignment and mental wellbeing.

Seneca has spoken at universities, corporate wellness programs and business communities. She's been featured in CNBC, MEDIUM, Thrive Global, ShoutOut Miami, Voyage Miami and Canvas Rebel.

She's a proud Caribbean-American, born in St. Vincent & The Grenadines. She migrated to Brooklyn, NY in the early 1980's and relocated to South Florida in 2015.

She's a proud mom of a high school senior. She enjoys slow days at the beach, good food and soca music.

**Contact:**

[www.senecawilliams.com](http://www.senecawilliams.com)

[www.theconquernetwork.com](http://www.theconquernetwork.com)

Email:

[hello@theconquernetwork.com](mailto:hello@theconquernetwork.com)

Instagram:

<https://www.instagram.com/theconquernetwork/>

Facebook:

<https://www.facebook.com/theconquernetwork>

LinkedIn:

<https://www.linkedin.com/company/theconquernetwork/>