

Risa Williams

KEYNOTES | WORKSHOPS | RETREATS

Therapist, author, and psychology professor, Risa Williams helps busy people reduce stress and reach goals in a gentler and easier way.

A kinder approach to time and goals...

Risa is a therapist and author of *Get Stuff Done Without the Stress*, *The Procrastination Playbook*, and *The Ultimate Time Management Toolkit*, and the host of *The Motivation Mindset Podcast*. She combines evidence-based tools, her own time management strategies, and customized creative activities to help people calm their minds, reset their focus, and take meaningful action. Her workshops are interactive, engaging, and immediately applicable...giving audiences tools they can actually use long after the event.



“Risa Williams has been a transformative resource in my life. Her insights and practical tools have not only helped me manage anxiety but also equipped me to break free from the grip of toxic productivity and resist the relentless hustle culture.”

- Ramona Ortega, CEO of WealthBuild.AI

Outcomes:

Reduce Burnout → Create a balanced life

Break Procrastination Cycles → Turn avoidance into tiny next steps forward

Find Your Calm → Learn easy everyday ways to regulate your stress and avoid overwhelm

Boost Creativity → Use simple creative tools as everyday stress management strategies

Media

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The Motivation Mindset Podcast

Six books published in five languages

Risa has been featured in Forbes, Wired, Wondermind, Real Simple, Women’s World and Business Insider

Risa Williams

Therapist, Podcast Host, and Award-Winning Author of
“Get Stuff Done Without the Stress”

Impact:

Practical calming down skills for all ages, kids through adults

Use “tiny wins” to build real momentum and confidence

Reduce perfectionism and stress through playful creative exercises

Make wellbeing a priority in your life



“There's no one as good as Risa Williams to help you get out of your own way so you can get things done.”

-Sepideh Saremi, Therapist and Founder of Run, Walk, Talk

Signature Tools:

The Stress Ruler

The Task Intensity Meter

The Hats Method

Tiny Wins Practice

Goal Mapping



Recent Speaking Events

Google Visitor Experience

ANTIOCH UNIVERSITY
LOS ANGELES

DOCTOR RADIO
NYU

BOOK SOUP

THE SUPERMOM SUMMIT

SUMMIT
THE BEST YEAR OF
YOUR LIFE