



## MICHAEL TOWNSEND WILLIAMS - BIOGRAPHY

### OVERVIEW

Michael Townsend Williams has a successful track record as a marketing executive, working in small creative advertising agencies and large multi national companies. He has worked with results-driven business executives and quality-obsessed creatives. Following 20 years in companies including Saatchi & Saatchi, Young & Rubicam, Leagas Delaney and Armando Testa he changed track and trained as a yoga teacher.

After 8 years teaching yoga, mindfulness, breathing and relaxation techniques to organisations and individuals in classes, workshops and residential retreats, he has now created StillWorks as an integration of his talents and offering.

From being obsessed with Doing in advertising to his focus on just Being in yoga and meditation, he now works with the magic of combining and integrating these two fundamental aspects of our selves - Being & Doing.

He calls this StillWorks - WellBeing & WellDoing.

The goal of StillWorks is to work with individuals and organisations on making the most of your talent - personally and collectively.

### STILLWORKS

*WellBeing:* Providing and sustaining stress management techniques.  
Using yoga and mindfulness with senior executives to raise energy levels and increase motivation.

*WellDoing:* Implementing and supporting 'Getting Things Done' approach individually, within teams and within organisations.  
Using technology in personal productivity systems

### COACHING EXAMPLES

*Head of Strategy & Innovation* at a global charity - creation of a personal productivity approach to getting things under control at home and work.

*Head of Business Development* at an internet business - using *WellDoing* approach to make projects more effective with less stress.

*Fashion Business Owner* - reducing stress and increasing focus through the introduction of a sustainable *WellBeing* routine.

*Illustrator* - coaching to remove creative blocks and stimulate desirable but achievable goals.

*Creative Director* at a global advertising agency - a combination of *WellBeing* and *WellDoing* approaches to feel less anxious, more confident and clearer of professional development path.