

# Meet Courtney Williams



*"I am passionate about nurturing mothers, and then empowering them to be unstoppably their best selves, no matter their circumstances."*

Hi! I'm Courtney, owner of Zinaya Birthing Co. and mother of two!

Throughout my life I've learned that obstacles, accomplishments, challenges and wins are never wasted and come back full-circle for the benefit of myself and my community. With my love languages being **Acts of Service** and **Quality Time**, I am literally at my best when serving and celebrating others.

**Why I became a doula:** I discovered just how important doula advocacy is when I was pregnant with my first child. I was told that I needed a C-Section just in case my son is too big. This didn't sit right with me. To ease my fears, I took a hypnobirthing class offered by Healthy Mothers, Healthy Babies. The instructor educated and empowered me so much that I decided to hire her as my own doula! With her hands-on support, I was able to have a **FULLY NATURAL** birth, just as I'd originally hoped! The sense of empowerment I felt was unlike anything else I had ever experienced! I took that feeling with me throughout life and went on to achieve some amazing things - even through my struggles. I was **UNSTOPPABLE!**

I am now on a mission to pay that same empowerment forward. It's my goal to provide you with all the guidance, resources & support you need to usher in new life with confidence, grace, and power...From one unstoppable woman to another!

To connect with Courtney from Zinaya Birthing, Co., call (561) 444-9117 or email [ZinayaBirthing@gmail.com](mailto:ZinayaBirthing@gmail.com).

Keep up with Courtney on instagram @ZinayaBirthingCo and visit her website at [www.zinayabirthing.com](http://www.zinayabirthing.com).