

Get to know Family Physician Dr. Bridget Williams, who serves patients in Pickerington, Ohio.

Bridget Williams, MD, a Family Physician & Certified Physician Development Coach with Cole-Williams Coaching & Consulting, LLC & Green Harvest Health



New York, New York City, Apr 22, 2021 (IssueWire.com) - An established and experienced family physician & certified physician development coach, Dr. Williams has spent her career counseling and coaching patients and colleagues towards awareness and a better life. This love for walking beside others on their search for “more” is what helped develop Cole-Williams Coaching & Consulting, LLC. It is through self-discovery that old habits can be broken and significant changes can be made.

In creating Cole-Williams Coaching & Consulting, LLC, Dr. Williams has created a coaching practice focused on physicians and other professionals struggling with stress, identity, and the difficulties of being “the only” in workplace situations.

With numerous soul-searching tools and processes to help build awareness and healing, she specializes in life and wellness coaching, physician coaching, professional coaching, work-life balance, diversity workplace coaching, ethnic identity, and imposter phenomenon.

“My desire is to help others build awareness and a better life. I recognized that my best days as a doctor were when I worked with patients to help them regain their strength and change their lives to require less medication and better wellness. Personally, when I realized that many of my colleagues were living in a stressed, insecure, and in unhappy place simply because they felt unseen in the workplace and did not believe in themselves anymore, I wanted to be a part of the change. I became a certified coach to help others” expressed the doctor.

Bringing nearly 20 years of experience in family medicine from The Cleveland Clinic and certifications in life and cannabis coaching, Dr. Williams is also the Founder & Medical Director of Green Harvest Health.

Green Harvest Health is medical cannabis and life coaching clinic located in Pickerington, Ohio. It provides comprehensive and affordable care for the metropolitan Columbus area as well as satellite offices in Cleveland and Cincinnati.

The focus of Green Harvest Health is education. Dr. Williams provides talks on medical cannabis, CBD, and wellness across Ohio as well as clinics for the convenience of patients. To better assist patients, Green Harvest Health created its own CBD line of products for wellness.

The only medical cannabis and life coaching office in Ohio, Green Harvest Health has been featured on Daytime Columbus, the Columbus Dispatch, Ellementa, That Stoner Show, Success Women’s Conference and Medicate Ohio, Gray Matters Radio podcast, and other local and national platforms.

Throughout her academic career, Dr. Williams graduated with her high school diploma from Mercy High School in 1990. She then went on to earn her Bachelor of Science degree in Psychology from the University of Michigan in 1994, and her medical degree from the Michigan State University College of Human Medicine in 2001. She also completed additional training in voice dialogue, mindfulness exercises, and life coaching.

With over two decades of experience, she is board-certified in family medicine by the American Board of Family Medicine (ABFM). The ABFM is a non-profit, independent medical association of American physicians who practice in family medicine and its sub-specialties.

A lead physician consultant and member of the Ohio Medical Marijuana Physicians Association, Dr.

Williams is a member of the American Academy of Cannabinoid Medicine, the Holistic Chamber of Commerce, and the National Medical Association.

Additionally, she is an in-house educator at Columbus Botanical Depot/ Cincinnati, a contributor/board member of MedicateOH, an alum/contributor of Natural Wellness Academy, as well as a partner at Embody Wellness: Satellite Office & Relaxation Place: Satellite Office.

From health and wellness to advocacy, Dr. Williams is a sought-after professional keynote speaker, best-selling author, cannabis advocate, and certified life coach. Her authentic, charming style combined with soul-provoking commentary makes her a favorite for medical professionals, leaders, associations, organizations, and companies, big and small. Her experiences and expertise ensure high energy and high results.

Using her very own unique strategy, she helps her clients and patients gain clarity out of confusion, gets clear on their goals, life purpose, and values so they can live a Better Life they were destined to live.

Family medicine is a medical specialty devoted to comprehensive health care for people of all ages. The specialist is called a family physician or family doctor. A family physician is often the first person a patient sees when seeking healthcare services. They examine and treat patients with a wide range of conditions and refer those with serious ailments to a specialist or appropriate facility.

When not seeing patients, Dr. Williams hosts a CBD education series, a holistic wellness series, and is an Instructor of Medical Cannabis and CBD expert at the Cleveland School of Cannabis. She is also the Founder and CEO of the nonprofit GHH Community Foundation. The focal program of the nonprofit is "The Cannabis Can Project", whose mission is to give back by helping those in need and creating connections between Ohio cannabis businesses and the communities they serve.

Learn More about Dr. Bridget Williams:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/3341302-Bridget-Williams-Family-Practitioner>, through Cole-Williams Coaching & Consulting, LLC, <https://www.coachingdoc.com/>, through Green Harvest Health, <https://greenharvest.health/about-us/> or through her website, <https://www.drbridgetwilliams.com/>

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Media Contact

Your Health Contact

clientservice@yourhealthcontact.com

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