

Health
and
Wellness
Across

the **GAMUT** of LIFE!

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AMERICAN ACADEMY OF
HEALTH AND FITNESS
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The resource for health, fitness, coaching,
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Mature Health and Fitness

by *Tammy Petersen*

Inclusive Fitness

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Nutrition

by *Nancy Clark*

Training Guidelines and
Programs

by *Greg Maurer*

Achieving Your Personal
Best

by *James McPartland*

Across the Gamut

by *Wayne Westcott*

Create a niche. KNOW. TRAIN. RETAIN.



The Education of Misfortune

by **James McPartland**, former President of Star Trac Fitness, author, international speaker and 'wellness ambassador' focused on developing the human potential within business.

[Contact info](#)

Reach Beyond Yourself

All of us need to be inspired. No matter what line of work you've chosen or what stage of life you find yourself, it's always better to be basking in the illuminating light of inspiration. Even though I've spent my professional life as an entrepreneur, author and international speaker, I must admit that there are times when I just don't have it in me to persevere.

It's during trying moments that I bring to the forefront of my mind all of the knowledge and insight that I've accumulated over the years. I know that I should never lose the motivation to do that which I truly love. I know that I should always look inside myself for the strength to expand my awareness so that I may exist on a much more enlightened plane.

Or, in other words, I should spend every moment of my life reaching beyond myself. This is exactly what is required to achieve and surpass life's goals.

Striving Toward Unimaginable Heights

At the tender age of five Nathaniel J. Williams lost his mother to a cranial aneurysm. From that point on he (along with nine of his 11 brothers and sisters) was placed under the authority of the New York City foster care system. For 13 tumultuous years Nathaniel bounced from place to place and did basically everything he could to survive. This harrowing childhood left an indelible mark on his life and outlook, **and** it also gave him the motivation to strive toward a vivid array of unimaginable heights.

Beginning Anew...

One of life's many ironies is that beginning anew is one of the hardest things to do. Most of us have the overwhelming tendency to bring the past with us as we strive to become better. But, in so doing we muddy the present with the past which only makes the journey that much more difficult.

Given his meager and difficult beginnings, Nathaniel knew that to create a life that was solely his own **he would need to free himself from his past**. And that's exactly what he did.

Never Looking Back - *The Power of Education*

From the moment Nathaniel J. Williams stepped onto a college campus he never looked back. He earned two of his four graduate degrees from the nation's two oldest historically African American universities: a Master of Human Services (MHS) from *Lincoln University of Pennsylvania* and a Master of Public Administration (MPA) from *Cheney University of Pennsylvania*.

From then on he continued his studies at *Strayed University*, where he attained a Master of Business Administration (MBA). By August of 2007 he earned a doctorate in education at *Fielding Graduate University*. Then two years later in 2009, Dr. Nathaniel J. Williams received the Distinguished Alumni Award from *Strayed University*.

Helping Others Realize their Full Potential

Throughout his professional life Dr. Williams has worked tirelessly to offer all the opportunities to others that he and his siblings did not have during their formative years. From working at various high-level positions in organizations that serve adults with mental health challenges,

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ACHIEVING YOUR PERSONAL BEST

developmental disabilities and dependent children to being the President and CEO of a cluster of nine corporations that focus on providing group homes, foster care, support for individuals living independently, recreation excursions and professional development opportunities; Dr. Williams is committed to **helping others realize their full potential**.

A Remarkable List of Accomplishments

Dr. Williams serves on the Boards of Directors of the Pennsylvania Association of Rehabilitation Facilities, the Sacred Heart Villa, and Vision for Equality. He is also a member of the Pennsylvania Office of Developmental Programs Planning Advisory Committee, the Pennsylvania Developmental Disabilities Council, and the Pennsylvania Department of Public Welfare Stakeholder Planning Team.

In May 2007 Dr. Williams was awarded the 2007-2008 Frederick Douglass Institute (FDI) Scholar in Residence position at Kutztown University of Pennsylvania.

In 2010 Dr. Williams was given the Missionary Sisters of the Sacred Heart Founders' Legacy Award for his life's work and contribution to his community.

Dr. Williams lectures, holds discussion groups, and plans articles for inclusion in journals on education and cultural diversity. From teaching courses in group dynamics, marriage and family counseling, and multicultural counseling in a graduate psychology program to shaping young undergraduate and graduate minds, he serves as an adjunct professor at two of his alma maters.

Dr. Williams is a member of the National Speakers Association and presents motivational speeches, lectures, and facilitates retreats and meetings. He has written nine books and hosts a weekly TV talk show which can be seen on WFMZ Channel 69 in the Philadelphia/Lehigh Valley market.

Courage, Conviction, Confidence, Commitment, Tenacity & Integrity

Dr. Williams fully **believes that adversity can be channeled into opportunity as long as one possesses the courage, conviction, and confidence to do so**. His journey from orphan and foster child to Doctor of Education,

nonprofit founder, and author has been both challenging and rewarding. Time and time again he has proven that success can be attained when a person possesses commitment, tenacity, and integrity.

In a recent interview with Dr. Williams, I was struck by several elements in his life that **provide insight into the bridge he built** from being a ward of the state to being a beacon of light to hundreds of thousands of people.

He told me that in life we tend not to remember the Oscar recipients or champion award winners of sport in the same **way we recall a person or teacher in our life that truly shaped us**. He shared a story of a certain Sister Imelda who spoke hope and inspiration into his youthful mind, and painted a picture of possibilities for his life. That someone else of "stature" **believed in him was the spark that lit the torch of his potential** and helped him to endure and override negative thinking that could easily have held him back. He was able to use that "story" to extinguish the disempowering thoughts that wanted to occupy space in his head. He used it to accumulate a series of victories and built on that momentum throughout his life.

From our interview, one of the other key take-a-ways for me was Dr. Nat's incredible discipline to plan. He believes that **life is not so much a will to win as it is a will to plan**. He acknowledged that his **"accomplishments" could never have materialized had he not been diligent in his dedication to thinking and planning**. He told me; *"There is no magic formula, one must know what one wants, why one wants it, and work tirelessly to develop the best way to reach one's objective"*.

Dr. Williams and his wife, Tide, reside in Northampton County, Pennsylvania, where they are raising eight beautiful children.

The story of his life is an incredible **example of the power that lies within all of us**. Once you tap into your true potential you'll begin to realize that there isn't anything you can't do.

Just like Dr. Nathaniel J. Williams.

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