

# REGIONAL DIRECTOR BIOGRAPHY

## Kimberley Williams

### East Anglia & East Midlands Region



Before qualifying in Level 5 Sports and Remedial Massage in 2013, Kim was a junior athlete competing in most Riding Club National Championships for Nantwich Riding Club before specialising in dressage and competing for North West BYRDS. This is where the passion and interest in performance began having had world class instructors such as Sarah Roger and guidance from Stephen Clarke who has been International Dressage Judge General since 2013. After acquiring a neck injury at 15 years, the decision was made to leave competitive horse riding and after achieving a BA (Hons) in Law, Kim represented family law solicitors in court on sensitive cases. Still requiring maintenance treatments for the neck injury and consequential compensations, and unfulfilled working in law, the return to her passion for performance was inevitable, and she re-trained with NLSSM and works under the business name Move Well Nottingham.

Since qualification in 2013, Kim has been SMT for Nottingham Aegon Cup 2014, Lead Therapist and part of the team who have helped advanced Paviers RFC to RFU Midlands Premier League, Lead Therapist for NLD Men's 1st Team, and worked in rugby league. Kim was also part of the SMT team at the 2017 Asian Indoor and Martial Art Games in Turkmenistan which only developed her passion for performance further working with international athletes within a world class Multi-Disciplinary Team, and has since seen a BJJ athlete she worked with in clinic in Nottingham. Other experience includes professional athletes in rugby, MMA, BJJ, horse riding, professional dancers, musicians and singers, and general sport and remedial work. The main clinic base is the renowned H3 Gym where she sees national and international clients, and she also offers on location work. The injury and work experience have meant that Kim understands the importance of collaborating with other professionals to benefit a client's progress when and where required and has therefore built and continues to build a wide network of professionals all over the world.

Having seen and worked with various therapists, Kim has learnt and continues to learn what it takes to be a distinguished sports and remedial massage therapist and by taking the Regional Director position, aims to inspire other therapists to do the same whilst helping to develop the potential of the industry. Such work will involve facilitating communication, distributing information and listening to the region's members to ensure they are happy and confident therapists. Kim has recently discovered that she has Myasthenia Gravis, yet she feels incredibly lucky regarding her symptoms which are in remission, and hopes to raise awareness of the condition given its relevance to soft tissue.