

Finding My Elbow

Who is Carlene W. Lewis?

I'm a proud graduate of Troy University's School of Nursing in Montgomery, Alabama. I hold an Associates Degree in Nursing and am licensed to practice as an RN in both the state of Alabama and Georgia. I am currently pursuing both undergraduate and graduate degrees in Troy University's RN to BSN/MSN program.

I've been a nurse for over twenty years and have learned many things from many likely and unlikely persons. I would like to think my service to patients and colleagues alike have been positive.

From bedside to management, from Geriatrics to Behavioral and all in between I've served, what I've discovered is that psychiatric nursing is my first love. Being exposed to the many types of people in the field of psychiatry, in my opinion, supports the fact that we are indeed fearfully and wonderfully made.

I'm the proud mother of four children and two grandchildren. Each one is unique in their own way and all four have taught me so much about relational living. My three daughters are: Jessica, Adrienne and Charlene, my son is William. Rebecca and Cymeon are the apples of my eye, grandkids! My Husband is Ronnie, we've been together nineteen years, he has been a strong support in the lives of my three daughters and our son together and the grandchildren.

I like to describe myself as having three dates of birth. First the natural, born 43 years ago in rural Bullock County Alabama in a little house across the street from a local funeral home. I am the third child to blue-collar hard working parents, Henry A. Williams, Jr. and Dorothy M. Chappell Williams. Both had many unrealized dreams, but nevertheless, seeing their children excel was important to them. They taught me and my five siblings to work hard and "try to be somebody."

Then there is the spiritual birth that took place at the age of nine, it was then I fell in love with the Lord and began to learn of him. There have been and are subsequent renewals of that relationship, as my knowledge and understanding grows. Then, finally the birth date that was a catalyst of life changing proportions.

June 4, 2003 was an experience I did soon forget, but not the outcomes. On this date I made a decision to make a decision. Weighing 340lbs, my mind and my soul equally as heavy as my body! Something had to change.

That day was the beginning of a journey, one that would take me to the end of the precipice and back. But I came back fully sane, a newfound dignity and a determination to live free in my mind, spirit and body no matter the size!

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Carlene W. Lewis

Is a workshop Presenter, Conference and Motivational Speaker, Panelist and Consultant.

Carlene has been a Didactic Group Facilitator for seven years.
2000 Didactic Group Facilitator
2002 Didactic Group Facilitator
2003 Didactic Group Facilitator
2005 Didactic Group Facilitator
2006 Didactic Group Facilitator

She has presented on a variety of topics, including:

- 2002 Workshop presenter - "Meltdown" Controlling the food beast within. Making healthy choices."
- 2004 The Basic Principles of Praise and Worship: Establishing your team.
- 2005 Workshop presenter - "Women in Victory" Making the most out of tough financial times. Today does not dictate tomorrow. Series of six monthly workshops.
- 2006 Consultant for the LPN student. Facilitated educational modules towards test prep for RN examination.
- 2007 Conference Speaker for Speaking of Women's Health - Universal Sisters
Breakout sessions: Beating the Blues
Panelist: Mental Illness
- 2007 Appearance on local television segment - Talk back live: Holiday Blues
- 2008 Conference Presenter: Just for Women - Addressing Spiritual and Emotional Wellness in the church.

Workshop Presenter, Panelist and Consultant, Conference and Motivational Speaker...

Carlene is available to speak on a variety of topics related to emotional and physical health and wellness. Some of her most popular are:

Soul Sadness - "When the essence of who you are is never allowed to develop, and you have experienced consistent traumatic emotional assault soul sadness can become prevalent.

I didn't know there was a choice: Societal standards assigns certain body types to certain levels of happiness and fulfillment. You accepted the standard and disaster followed.

Diminished by Obesity: This topic explores the physical and emotional ravages of the obesity war.

I was dropped! Details various scenarios of traumatic emotional events/experiences and provides practical ways to achieve optimal healing.

If I don't, I'll be alone: Sexual Promiscuity and Self Esteem:

The Nevers: The five words which maybe impeding your progress towards wholeness.

Healing: What is it? How significant is it? Can I achieve it?

What you said really did matter, but what I do matters more: "Sticks and Stones"

Her presentations are aimed at people (specifically women) who are disenfranchised, disappointed, feeling helpless, overwhelmed, sad, have been marginalized and who have resigned to failure.

She helps people who are struggling with feelings of inadequacy, self-loathing, and self-abasement. She brings hope to those who have made poor choices and believe that those choices will dictate the entirety of their life.

...and Author





Finding my elbow chronicles Carlene's journey to healing, self-discovery and self love. For more information on the upcoming book, visit the website as www.findingmyelbow.com


For more information and to book Carlene for speaking engagements, workshops and other presentations, please contact:

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General Brochure

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Letterhead & Envelope



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Business card