



MONTEL WILLIAMS

Montel Williams earned his media celebrity status as an inspirational, Emmy Award-winning television personality whom Americans invited into their homes for more than 17 years. He is a decorated former naval officer, inspirational speaker, author, entrepreneur, and advocate for patients worldwide.

Before and after the success of his television show, Montel has been passionately involved in many projects that he has transformed into major initiatives with the aim of helping others.

Williams is currently hosting the hit *Lifetime* show, *Military Makeover with Montel*. The show offers hope and a helping hand to members of U.S. military and their loved ones. On the show, Montel leads the makeover team of conscientious designers, contractors, landscapers, and other home improvement professionals to transform the homes and lives of military families across the country. Montel is also co-hosting *The Balancing Act*, a lifestyle show also on *Lifetime* that strives to help people “do life better.”

For 17 years, Williams hosted *The Montel Williams Show*, a nationally syndicated talk show distributed by CBS Paramount Television, taping over 3,500 shows and interviewing more than 30,000 guests, focusing on key social issues involving ordinary people coping with extraordinary circumstances. He received a Daytime Emmy® Award for Outstanding Talk Show Host and his show was nominated for Outstanding Talk Show two years in a row.

Williams enjoys acting and performs whenever his schedule permits. Over the years, viewers have seen him on hit television programs including *All My Children*, *American Dreams*, and *JAG*. Williams contributed to the long running dramatic series *Guiding Light*, playing Clayton Boudreau which landed him a nomination in 2009 for a NAACP Image Award for Outstanding Actor in Television Series. He also starred in the critically acclaimed off-Broadway play *The Exonerated* and starred and executive-produced a prime-time network series for CBS, *The Education of Matt Waters*.

Williams has been a prolific author of uplifting and practical books, four of which became bestsellers. They include *Living Well Emotionally: Breakthrough to a Life of Happiness*, *Climbing Higher*, *Body Change*, *A Dozen Ways to Sunday: Stories of Hope and Courage*, and others.

Williams began his professional career in the United States Marine Corp and was the first black Marine selected to the Naval Academy Prep School to graduate from the United States Naval Academy. Williams earned a degree in general engineering and a minor in international security affairs. He also earned a degree from the Defense Language Institute in Russian and Mandarin Chinese. While serving in the military, Williams was the recipient of two Meritorious Service Medals, two Navy Commendation Medals, two Navy Achievement Medals and various other military awards and citations.

Because of Williams’s own military service, he has a special place in his heart for our servicemen and women. Over the years, he has been involved in charities promoting diversity, the welfare of children, animal rights, and the well-being of active-duty troops and veterans. Williams currently serves as an advisory board member for the Fisher House Foundation and the Ann Romney Center for Neurologic Diseases at Brigham and Women’s Hospital.

Williams is a passionate snowboarder, traveling the world heli-boarding whenever his schedule allows. He is the proud father of four adult children and resides in Miami, FL with his wife Tara.