

Carolyn Williams

Carolyn Williams is a writer, entrepreneur, and lifelong animal lover. Throughout her career, she has built businesses and communities centered on helping people live healthier, more intentional lives, believing that meaningful connection has the power to create lasting change.

Her love of animals has been a constant throughout her life. She shares her home with three incredible dogs (Lua, Charley and Felix) and has experienced firsthand both the joy and heartbreak that come with caring deeply for animals. Those experiences have strengthened her commitment to supporting organizations that provide compassionate care, second chances, and loving homes for animals in need.

Carolyn is honored to serve on the Heart of the Valley board and is passionate about advancing its mission. When she's not working or volunteering, you'll find her hiking Montana trails with her dogs, teaching yoga and spin, reading, or spending time with friends.