Colonel Sheryl G. Williams is a native of St. Louis, Missouri and received a Bachelor of Arts Degree in Sociology (cum laude) from Cornell College, Mt. Vernon, IA. Col Williams was commissioned through the Platoon Leaders Class Program in 1986, during the summer of her second year of law school at Washington University School of Law, St. Louis, MO.

After graduating law school, completing The Basic School and the Naval Justice School, Col Williams was assigned to Okinawa, Japan, from 1990 to 1992, where she worked as Defense Counsel and Trial Counsel. Col Williams's next assignment was as a student at The Judge Advocate General's School of the Army (TJAGSA), Charlottesville, VA (June 1992 to June 1993), where she graduated with a Master of Laws (LL.M.) degree. After graduating TJAGSA, Col Williams reported to Marine Corps Recruit Depot, San Diego, CA, and served as Head, Legal Assistance and Head, Civil Law/Special Assistant U.S. Attorney from June 1993 to June 1995. After this tour, Col Williams left active duty and transferred to the Reserves.

Col Williams's first Reserve assignment was Site Judge Advocate, 3rd Battalion, 24th Marines, 4th Marine Division, Bridgeton, MO (June 1995-June 1996). Col Williams's next assignment was as a Military General Court-Martial and Special Court-Martial Judge with the Sierra Judicial Circuit, Camp Pendleton, CA (May 1997-August 2002). Col Williams then served with the Mobilization/Military Justice IMA Detachment, Office of the Staff Judge Advocate, Marine Forces Reserve, New Orleans, LA (January 2003-January 2006), with the second half of the tour spent as Officer in Charge of the Detachment. Col Williams served on the Marine Corps Reserve Policy Board (2004-2007) and was a student at the U.S. Army War College Distance Education Program (2005-2007).

Col Williams was placed on Active Duty Special Work (ADSW) from March 2007 to July 2008. During this time she served as Deputy Staff Judge Advocate, II Marine Expeditionary Force from March 2007 to May 2007. Col Williams's follow-on ADSW assignment was Staff Judge Advocate, 2nd Marine Division from June 2007 to July 2008.

After being released from ADSW, Col Williams was selected to serve as Branch Head, Installation Law Branch, Legal Services Support Section, Marine Corps Mobilization Command from December 2008 to January 2010. Col Williams was then board selected to serve as an International Law Attorney in the Office of the Staff Judge Advocate, Headquarters, U.S. European Command, Stuttgart, Germany, from April 2010 to November 2012.

Col Williams completed the Command and Staff Weekend Resident Course in 2000. Col Williams graduated from the U.S. Army War College Distance Education Program in 2007 with a Master of Strategic Studies degree. Col Williams completed the Advanced Joint PME Course at the Joint Continuing and Distance Education School, Joint Forces Staff College and graduated in 2009.

Col Williams's civilian career has included the private practice of law in St. Louis, MO; Western Area Counsel Office, Office of Counsel for the Commandant, Navy OGC; Eastern Area Counsel Office, Office of Counsel for the Commandant, Navy OGC; and Office of the Chief Counsel, Federal Highway Administration, U.S. Department of Transportation.

Col Williams's personal awards include the Meritorious Service Medal, Joint Service Commendation Medal, Navy and Marine Corps Commendation Medal, and the Navy and Marine Corps Achievement Medal.

Col Williams is married to LtCol Euseekers "Zeke" Williams, Jr., USMC (Ret.) and they have one son, Euseekers III.