

Meet Carolyn CJ Jones - Speaker, Author, Coach

Change Your Story, Change Your Life!

If you are searching for someone to guide you to navigate the waters of change, CJ is your leader. She has extensive experience changing her own life, and thus, is able to provide a safe and nurturing environment in which to do the heart-work of change. From CJ's support, you gain the confidence, courage, and mindset needed to proceed to more peace and freedom in your life.



Presentation Topics

The following describes CJ's interactive and experiential presentations, available in a variety of time lengths:

- *Gratitude Again???*

CJ shares her comical and insightful story about gratitude and shows that by using it, you can create compassion and forgiveness, all of which lead to peace and freedom.

- *Navigating the Waters of Change*

You learn from CJ to view things differently, with fresh eyes. Then you empower yourself through the practices of willingness, gratitude, compassion, and forgiveness.

- *The Art of Forgiveness: Discover Freedom!*

You discover ways in which you can create compassion and forgiveness in your life, thus leading you to incredible peace and freedom, joy and empowerment.

As a Participant, You Benefit by Gaining...

- Knowledge of how to look from a new perspective
- The beginning of freedom from resentment
- Tools to use to heal and mend relationships
- More harmony at home and work, as a result
- A deeper connection with yourself and others
- A new, softer way to see the world and yourself

Contact Carolyn CJ Jones today!

415-883-8325

www.carolyncjjones.com

cj@carolyncjjones.com

What People Are Saying About CJ

"Carolyn is a fabulous public speaker whose calm nature deeply relaxes her audience and allows her message of forgiveness to remain strong"

~ Cailen Wright, San Francisco Soroptimist Club

"CJ is a powerful leader who creates a safe space for people to share, grow, and move forward with purpose. CJ embodies her message and walks her talk!"

~ Rebecca Hall Gruyter, Women's Empowerment Leader

"CJ's event was such a rich tapestry. She gave such wisdom and humor, based on her own powerful life transformation."

~ Sumaya O'Grady, Soul Alchemist

"Today at CJ's event, I was touched, moved, and inspired from the very beginning. It changed my story. This event was powerful! CJ is a powerful story teller, entertaining and life-changing at the same time."

~ Lynne Sagen, Empowerment Coach

Biography

Carolyn CJ Jones is a forgiveness guide and coach, award-winning self-published author, speaker, and creator of the *Change Your Story, Change Your Life* programs.

CJ's ability to listen deeply and respond with compassion and empathy is vast. These traits she learned from her own personal struggle in which she transformed from the angry, bitter, blaming victim she had been for 30 adult years, to one able to experience peace and freedom. Now, using forgiveness, she leads others to that place.

As a registered nurse for 26 years, CJ had the opportunity to speak with countless people while leading them to improved emotional and physical health. She trained hundreds of health care providers in the use of a program she created, developed, and managed at the State level.

CJ has spoken across the country and in many locations in the Bay Area. October 2015 found her on Rebecca Hall Gruyter's stage for the *Women's Empowerment Series*, and on Mary Liu's stage for the *Speak Your Truth National Conference*. As a Toastmaster, she placed third out of seven in her first International Speech Contest. CJ has produced two all-day workshops of her own; both were highly successful and well-received.