



Marisa Jones



Everyday**Being**

Transformational Executive Coach
Consultant | Entrepreneur | Mentor | Author | Speaker

CORPORATE WELLNESS

Mental health is an important aspect of overall well-being, and it's crucial to address it in the context of one's professional life. Marisa is passionate about promoting mental health and well-being in the workplace through comprehensive corporate wellness offerings. Her 1-1 coaching programs and corporate workshops provide valuable guidance and support to organizations and their employees.

Skilled in delivering workshops, coaching sessions, and fostering a culture of well-being within organizations, her corporate wellness offerings extend beyond just women and are tailored for your entire organization!

Invite Marisa to your organization and engage in discussions on delivered topics such as mindfulness, stress management, and balancing work and life with focused intention and a quality aspect to it.

After a workshop or training session, Marisa works with your organization to take the course teachings and apply them through:

- Collaboration with HR departments and management to develop wellness policies for employees to enhance their mindset, motivation, and goal-setting.
- Initiatives to create a supportive community for individuals amongst their colleagues during personal and situational events or stressful times while at the office.
- Identifying and addressing ways to provide more supportive measures for mental wellness initiatives.
- Provide individual coaching and support to employees, helping them overcome mental health challenges, improve well-being and achieve personal and career success.
- Foster a culture of well-being by organizing wellness challenges, events, and initiatives.

Marisa Jones is committed to empowering your organization with the knowledge and tools needed for your employees to thrive in the workplace and boost the well-being and productivity of your organization.

Schedule a consultation and discover how Marisa Jones can support your organization through their transformative wellness journey.

[Meet with Marisa](#)

In our road to success, sometimes we wake up and find we no longer recognize who we are.

~ Marisa Jones ~

I help high-achieving transformational executive women balance personal growth, and mental health challenges while having career success and leaving a legacy.

With an extensive technology leadership and corporate background, I enjoy helping women navigate their journey in this industry.

My corporate wellness offerings extend beyond just women and are tailored for your entire organization!

WHAT CLIENTS ARE SAYING

"Your program has been so helpful and I'm realizing how much past life events have impacted me more than I thought."

- entrepreneur -

"I have appreciated you as an inspiring leader, mentor and good person. Thank you for being such a good and empathetic listener."

- developer -

"I started the program and after the first module, I was able to identify areas that had been holding me back that I had not recognized before!"

- narcissist abuse survivor -

"Love the checking off system!!! And GEEZ the expectations exercise is quite enlightening!"

- CEO and founder

SPEAKING ENGAGEMENTS & WORKSHOPS

Marisa offers speaking engagements and customized workshops

Featured Topics:

Download full details [here:](#)

Healing is a Lifetime(s) Journey

The Path to Moving Forward is Facing Your Past

Mental Health is a Mindf**k

The Mind-Games We Play in our Head

Releasing Guilt

Without Feeling Guilty!

Depression Cycles

Recognizing Patterns for Stopping the Cycle

Resolving Fears in Uncertain Times

Find Grounding through Your Values

Mindset Warrior: Foundation of Strength

Knowing Your Authentic Soul

Leadership for Women in Business

Soft Skills for Success

Mentoring and Empowerment

The Power of Mentoring and Establishing Strong Relationships

Mental Wellness & the Importance of Living

Through Intention

WHAT CLIENTS ARE SAYING

"I've learned from you to stand up for myself and make sure I'm being treated right. You are an amazing role model. That's your legacy."

- Treasury Systems Manager -

"Marisa has been my career mentor for the last couple of years. She has helped me see my strengths and be honest about what I need to work on. Our conversations have opened my eyes to career possibilities that I didn't know were in my reach.

Before each meeting I was tasked with writing exercises that helped me practice better thinking and communication for job interviews. I can now go into a job interview with way more confidence and sell my strengths.

With her help and encouragement, I was able to recently land a job promotion!"

~ Business Intelligence Developer ~

COACHING PROGRAM

Transform Your Life!

6 Month Intensive Mindset

Bootcamp!

Are you ready to become a stronger and more powerful YOU in more ways than you can ever imagine?

- Drop the mask, get unstuck, rid yourself of negative behaviors and rediscover your true self
- Stop people-pleasing and settling for what others want you to be
- Create and KEEP strong boundaries that support you and your values
- See the world in a whole new light with YOU as the center of it all
- Stop living on rote and start fully appreciating life and embrace joy with those you spend it with
- Find calm and purpose in your everyday moments through new perspectives and awareness

MORE FROM MARISA

Women CEO In Reflection Podcast

<https://www.womenceoinreflection.com/>

Coaching Program

<https://www.myeverydaybeing.com/mindset-warrior>

Speaking Engagements and Workshops

<https://www.myeverydaybeing.com/speaking-workshops>

Author of The Lotus Tattoo

<https://www.myeverydaybeing.com/the-lotus-tattoo-1>

WHERE TO FIND MARISA

www.myeverydaybeing.com

mjones@myeverydaybeing.com

www.linkedin.com/in/marisa-jones

(303) 957-7499