

# Marisa Jones

• COACH • AUTHOR • SPEAKER

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## Healing is a Lifetime(s) Journey

The Path to Moving Forward is Facing Your Past

## Mental Health Is A Mind\*\*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 Self

## Leadership for Women in Business

Soft Skills for Success

## Mentoring and Empowerment

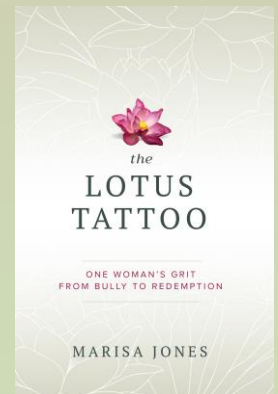
The Power of Mentoring and Establishing Strong Relationships

## Mental Wellness & the Importance of Living Through Intention

## About Marisa

Marisa Jones has led a successful IT career leading global enterprise technology solutions for large organizations and now focuses on her coaching and mental health advocacy work.

She is a teacher, community builder and a survivor of domestic violence. She partners with corporations, non-profits and healing practitioners to provide mentoring and coaching — through 1-1s and workshops — supporting positive mental health and personal growth.



### Latest Book Release:

The Lotus Tattoo is a remarkably candid memoir about Marisa's transformation from child abuse, drugs and alcohol abuse, and being a bully to leading a successful career in IT, and now determined to inspire others who live with the secrets of a traumatic past.



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## Healing is a Lifetime(s) Journey

The Path to Moving Forward is Facing Your Past

*Do you find yourself stuck in life, struggling to move forward, but not sure what is holding you back? Do you feel a sense of knowing you have a bigger purpose but not sure what it is?*

Sometimes delving into our past is necessary to remove unresolved fears hidden beneath the surface. Identifying and unlocking these fears is essential to freeing yourself of your past and live your empowered life.

- Learn how the impacts of trauma keep you from moving forward.
- Understand the three levels of your past.
- Discover the Techniques and Resources for facing your past.
- Mindful Shifts for Accepting your Past.
- Spiritual Support – Knowing what questions to ask in guidance.

Workshop – Half Day

Workshop Structure:

- ✓ Talks
- ✓ Exercises
- ✓ Safe, Interactive Discussions
- ✓ Casual, Healing Environment





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## Mental Health Is A Mindf\*\*k!

The Mind-Games We Play in our Head

*Do your thoughts tell you, I'm ugly, I'm not good enough, I hate myself, I'm too fat, I'm too skinny, I blame this person - I don't want to live.?*

When these thoughts consume you, it's called mental illness. 1 in 5 people struggle with mental illness and yet it's taboo to talk about.

With brutal honesty, Marisa talks about her experiences with mental illness and encourages *full exposure* to change the conversation.

- The Shame of Mental Illness
  - Move from Surviving to Thriving
  - Change Your Negative Self-Talk
  - Choosing Change - Where Fear Ends and Healing Begins
  - Tools & Resources
- 
- Talk - Time varies by request



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## Releasing Guilt

Without Feeling Guilty!

Guilt has a way of taking over and impacting our lives in many forms. *Do you struggle with decision-making or feel guilty after making a decision? Does guilt hold you back because you're doing more for others than yourself? Is there something from your past that has you guilt-ridden and you're unable to move forward?*

- Learn what Guilt is and how it affects us through our body, mind, and emotions.
- Discover techniques to change your mindset towards how you approach Guilt.
- Accept your Past by dropping your ego and focusing on your soul.
- How PTSD Therapy can be useful in resolving Guilt.
- Relying on your Faith and Spiritual Support - Knowing what questions to ask in guidance.

Workshop - Half Day

Workshop Structure:

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- ✓ Exercises
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## Depression Cycles

### Recognizing Patterns for Stopping the Cycle

*Do you or someone you know suffer from depression?*

When a depression cycle hits it can be devastating to those experiencing it and their loved ones. If you've been impacted by depression, recognizing the symptoms, and knowing what steps to take is critical to taking back control of your life.

- Learn How to Recognize Patterns in a Cycle of Depression
- How Depression Impacts Those Around You
- Tools to Help You Identify Your Trigger
- Breaking Taboo to *Brake* the Cycle
- Building the Right Team to Support You

Workshop - Half Day

Workshop Structure:

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## Resolving Fears in Uncertain Times

Find Grounding through Your Values

Each day we are faced with dozens of unknown fears that we may not even be aware of. Uncertainty in our environment can challenge our beliefs, create unresolved fears, and can impact our mental health, leading to depression, anxiety, insomnia.

Finding your truth when your beliefs are challenged is a process that can release those unresolved fears.

- Learn How Uncertainty in Our Environment Challenges our Beliefs.
- Why Fear Takes Over when our Belief Systems are Questioned.
- Fight or Flight - How our Brainwaves Respond to Fear.
- Learn How to Get out of your Comfort Zone and Face your Fears.
- How Finding your Truth Empowers You to be Fearless.

Workshop - Half Day

Workshop Structure:

- ✓ Talks
- ✓ Exercises
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## Foundation of Strength Knowing Your Authentic Self

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

*Finding your Truth Empowers You to be Fearless*

In this workshop, you'll be **Breaking Down Self** to discover, **"Who Am I Really?"**

- Follow the path to determine the Life Impact Events that have shaped who you are today and learn patterns of behavior you, (surprisingly), still carry with you.
- Dig deep into core issues to identify your triggers, born from hidden unmet expectations
- Find awareness in what values you truly embody and identify where you are not honoring yourself

Understand yourself on a deeper level

Learn where you can make changes to honor yourself

Discover your truth through new perspectives

Tap into every cell of your being and build your **Foundation of Strength!!**  
And be forewarned, **Healing will take place!**

Workshop - Full Day

Workshop Structure:

- ✓ Talks
- ✓ Exercises
- ✓ Safe, Interactive Discussions
- ✓ Casual, Healing Environment
- ✓ Prepare to hold space and be vulnerable for yourself and others



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## Leadership for Women in Business

### Soft Skills for Success

*Did you know you can be a leader, regardless of what role you have in an organization?*

Being a woman in business can sometimes be challenging. We compare ourselves to men, compete with other women and hold ourselves back with self-doubt. Yet women are born leaders! Bring your femininity to the office while still succeeding and become the powerful leader that you are!

- Learning to Identify your Value
- Emotions in the Workplace
- Drive and Motivation
- Negative Self-Talk in the Workplace
- Taking Risks
- Support and Mentoring

Workshop - Half Day

Workshop Structure:

- ✓ Talks
- ✓ Exercises
- ✓ Safe, Interactive Discussions
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## Mentoring and Empowerment

The Power of Mentoring and Establishing Strong Relationships

*Do you view your peers as competitors or collaborators?*

Marisa talks about how a onetime perceived antagonist became a mentor, advisor, and dear friend, empowering her to take action which changed the trajectory of her professional and personal life forever.

This experience taught her what she values the most in business: building relationships. *“As human beings, we should all work together to build each other up and support one other, both in our personal lives and our business to ensure we all achieve success in making a difference.”*

Talk - Time varies by request



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## Mental Wellness & The Importance of Living with Intention

*Do you count your days success by how quickly – or masterfully – you get through it, all while checking off a list of tasks on your to do list?*

Change how you move through life with useful techniques for living with more intention.

Learn techniques to:

- Slow down and make 15 minutes feel like 30
  - Lead through action, instead of reaction
  - Awareness of Mind, Body and Emotions
  - Looking within for self-tuning throughout the day
  - Communicating with objectives and intention
  - The 10-Minute Reset!
  - Supporting one another in the workplace
- 
- Talk – Time varies by request



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