

SERVICES:

Transformation Coaching
Development Workshops
Professional Speaker
Life Coaching



Jian Jones

Well-Being Expert | Author | Speaker

Board Certified Occupational Therapist (FL & CA) • Clinical Exercise Physiologist • Life Coach

LIFE COACH

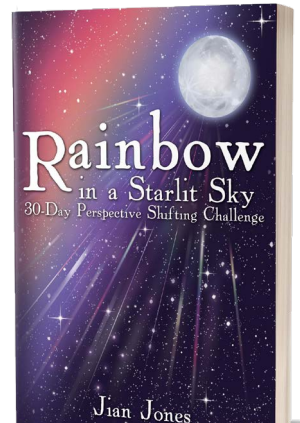
Jian successfully assists others in maximizing their full potential in the areas of personal, education, and business.

EDUCATOR

With over 15 years of experience within the health industry, Jian started JIAN JONES, LLC, a well-being personal development company in 2016 to educate those interested in living a healthy and purposeful life.

INSPIRER

Jian breathes life into your purpose by providing captivating inspiration with action steps to accomplish your goals. She inspires other with her personal experience in her book, *Rainbow in a Starlit Sky*.



SPEAKING TOPICS

ENCOURAGEMENT • EXECUTION • MINDFULNESS • WELL-BEING

TESTIMONIALS

“Starting a small business is really overwhelming and it’s easy to become discouraged. Jian was my constant during that time. She sat me down and planned out exactly what I needed to get done and gave me a timeline. Suddenly, my huge list became small weekly goals that made me feel accomplished instead of overwhelmed. I am thankful for her guidance, unwavering support, and friendship.”

“Jian is an prodigious listener who also has a wonderful, kind soul. Jian provides real time solutions to your life issues. She helps you focus on the most important way to solve your problems, by helping you to focus on controlling what you can control. I am positive that she can guide and help you too.”

JIAN HAS PARTNERED WITH:

- Tallahassee Alumni Chapter of Delta Sigma Theta Sorority, Inc.
- Florida Agricultural & Mechanical University
- Melanin Mothers Meet
- Life is Like a Rubik’s Cube
- And more

PROVIDED SERVICES FOR



Jian Jones

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