



*j*en
JONES
DIRECT

Jen Jones

author. speaker. coach

CONTACT

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JEN'S EXPERTISE

- Helping women courageously create the life they love on a foundation of faith
- Moving from coping to thriving in spite of change and the unknown
- Creating a community that heals and restores
- Finding peace in your current situation
- Establishing a culture of joy for your family and building a legacy that powerfully shapes future generations
- Embracing your true identity without the need of other's approval
- Hope through health
- Creating a Significant Life when the way is unexpected, unwanted and unknown
- Advocating for her daughter with Down Syndrome

SOCIAL MEDIA



27.8k followers

@jenjonesx4



8.1k followers

@jonestribe



2.8k blog/email list

jenjonesdirect.com



Jen Jones is the founder and CEO of Jen Jones Direct LLC, and creative architect of the Significant Conference. Through her books, courses, conferences and Significant Life groups, she equips and empowers women to create the life they love on the foundation of faith. Jen and her husband Marcus are living this great adventure with their four children in San Diego, California.

Jen knows what it's like to experience the unexpected when nineteen years ago she welcomed her first daughter with a birth diagnosis of Down Syndrome. She embraced the unknown and has become an advocate for all people to belong. She helps families identify their core values and champions women to know and own their God-given worth to live a life of significance.

She is a certified health coach, and has built a nationwide health and wellness business. She guides people on a path to help them take control of their health—mentally, physically and spiritually. She is in the personal transformation business.

Jen has appeared as a speaker and coach in numerous conferences, retreats and podcasts, including ABC Family and the Live Out Loud Show. She is also the author of *Thrive: Growing Through Life's Greatest Challenges*, *Tribe: Building Your Family on What Matters Most*, *The Five-Minute Marriage Mentor* and her upcoming book, *Divinely Different: Creating a Significant Life When the Way is Unexpected, Unwanted and Unknown*.

BOOK JEN JONES TO SPEAK

- FINDING HOPE THROUGH YOUR HEALTH - INTEGRATING SPECIFIC HABITS TO BRING HEALTH TO ALL ASPECTS OF YOUR LIFE - PHYSICAL, MENTAL, AND EMOTIONAL.
- BUILDING A SIGNIFICANT LIFE WHEN EVERYTHING LOOKS COMPLETELY DIFFERENT THAN YOU HAD HOPED. THROUGH UPS AND DOWNS, THE UNKNOWN AND UNWELCOME, THE PATH TOWARD SIGNIFICANT IS DIVINELY DIFFERENT BUT SURPRISINGLY FREEING.
- JEN HAS SPOKEN AT COUNTLESS HEALTH AND WELLNESS CONFERENCES FOR THE PAST SEVEN YEARS, AS WELL AS WOMEN'S CONFERENCES, MOTHER'S GROUPS, BUSINESS EVENTS, MASTERMINDS AND GUEST FEATURES ON PODCASTS.

AS SEEN ON:

SHAPE

The
Live Out Loud
Show

SHOUTOUT SOCAL

SDVoyager