Connie Jones - Heart Warrior, and author of Warrior Arise! Live Bravely, Freely, and Authentically YOU

In this episode:

- Why this year is a transformational period for Connie and the pivotal moments that gave her the clarity to step into the transformational work she currently does.
- The story behind her book *Warrior Arise! Live Bravely, Freely, and Authentically YOU.*
- Connie shares her viewpoint about a person's calling & purpose in this world in the very essence of their individuality.
- More about the words *struggling, striving,* and *surviving* and what we can learn from each.
- The reason behind the birth of her weekly community content called *Heart Sparks.*
- How Connie helps her clients go from breakdown to breakthrough with her signature programs.

Connie Jones is a heart warrior. A master of breakthrough. A freedom and fulfillment coach and therapist. She helps high-achieving entrepreneurs break free from limiting mindsets and habits so they can live in deeper satisfaction and soar to the next level of success in business. Her programs result in significant income increases, greater impact, abundant joy, and more free time for her clients. Connie knows firsthand the struggle and frustration of experiencing a big gap between her reality and the dream in her heart. Her breakthrough journey empowered her to create the dream business and life that had previously seemed out of reach, and she loves coaching other change-makers to do the same.

As the author of Warrior Arise! Live Bravely, Freely, and Authentically YOU, Connie shares how to silence the voices of fear, shame, and self-doubt that keep people playing small so they can live fully alive in their true identity and live their destiny. Connie is the host of the Warrior Arise! Podcast which features vulnerable, authentic conversations with fellow Warriors who live and lead with courage, freedom, and authenticity in a passion-fueled and purpose centered life.

Quotes from this episode:

"Writing a book helped me become more centered and empowered towards sharing my story into the world." —Connie Jones

"We are warriors. And we are created with an authority, brilliance and magic that most people often fail to see within themselves." —Connie Jones

"Receiving energy is much more powerful than the striving/grinding energy." —Connie Jones

3 Pearls of Wisdom:

1. The best version of you is your most authentic self. So, be *you*.

2. Walk in your story and own it.
3. Honor your truth.

Timestamp/s:

26:16 – 27:52

Connie Jones on Extraordinary Women Radio talking about honoring your truth and serving in the essence of you.

Resources:

Connie Jones - Heart Warrior, and author of Warrior Arise! Live Bravely, Freely, and Authentically YOU

Website: https://conniejonescoach.com/

Website: https://www.arisecounselingandcoaching.com/

Facebook: https://www.facebook.com/conniejonescoaching

Instagram: https://www.instagram.com/conniejonescoach/

LinkedIn: https://www.linkedin.com/in/connie-jones-b9834111/

YouTube: https://www.youtube.com/channel/UCr5uQrp4eHhPhkgfPz1c9LA

Book: Warrior Arise! Live Bravely, Freely, and Authentically YOU

#ExtraordinaryWomen #podcast #WomenRising #RaiseUp Tag Kami on Facebook @KamiGuildner, Twitter @KamiGuildner, Instagram @KamiGuildner and LinkedIn @KamiGuildner.