



Elizabeth M. Jones

Helping Trauma and Abuse Survivors
to HEAL: Hope, Evolve and Love

Empowered Survivor | HEALing Mentor |
Author | Speaker | Former Forensic
Accountant and Corporate Executive

Beth's passion for helping survivors of trauma and abuse to walk their healing pathways led her to write her book *Becoming an Empowered Survivor: You, Too, Can Heal from Trauma and Abuse*. Leveraging her own story and experience with personal transformation, her message in the book is a beacon of inspiration and a testament to the power of healing. Beth is the creator of Empowered Survivors, a community for survivors of trauma and abuse to connect and to find resources. She is also the creator of the HEAL framework, which she uses to mentor other survivors as they walk their healing pathways to Hope, Evolve, and Love.

With deep Texan roots, Beth is a citizen of the world, having grown up in the Middle East and Southeast Asia. Her thirty-year career in professional services, primarily based in Dallas, Texas, was punctuated by world travels, providing forensic accounting and fact-finding expertise to companies investigating complex fraud and white-collar crime schemes. Through her international experience, she has a global perspective and a deep understanding of human suffering. Currently, she resides in Dallas, Texas.

Beth became a bestselling author by contributing a chapter about her life experience to the collaborative book *Step Into Your Brave: Uplifting Stories to Inspire Courage, Strength and Growth*.

Discussion Topics

- Becoming an Empowered Survivor
- Work/life integration amid personal crises
- Second mountain ascension: finding and transitioning to your life's purpose and calling

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Keynote Topics

Becoming an Empowered Survivor

After living my life as a survivor burdened by unhealthy survivorship for forty-five years, I became an Empowered Survivor. I use my story to illustrate the healing journey and share my message with other survivors that you, too, can heal.

Key Audience Takeaways:

- Understanding why we need to heal, including what it looks like to survive life, the shock of uncovering truths, and acknowledging the walls that burden survivors.
- Arriving at the true beginning of a healing journey.
- HEALing in action: hope, evolve, and love.
- Finding the exquisite outcome of a difficult journey.

Life/Work Integration Amid Personal Crises

In this keynote, I share my story about going through the most challenging time in my life just after being promoted to a leadership position at work. I talk about what happened to me personally, how that impacted my ability to do my job, and how I managed (or didn't) both at the same time.

Key Audience Takeaways:

- Life happens, despite our accountability and responsibility at work.
- The reality that “work/life balance” should be “life/work integration.”
- Strategies for integrating what's happening to you during a personal crisis into your work.

Second Mountain Ascension

In this keynote, I share my second mountain journey to living my life's purpose. I was in a quandary about my life's purpose for years, partially because my journey required me to be unaware during that time as I lived my story. But today, I am very clear about why I am alive and have transitioned to my second mountain. Audience members will leave thinking about their life's purpose, and perhaps some second mountain people will be inspired to begin their ascension.

Key Audience Takeaways:

- Understand second mountain service, described through my story and interpreted from David Brooks's book *The Second Mountain: The Quest for a Moral Life*.
- Consider whether you are a second mountain person, now or in the future.
- How to make the transition from first mountain to second mountain.

Inspiring and helping other survivors of trauma and abuse to walk their healing pathway and become Empowered Survivors.

