



# Elizabeth M. Jones

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

Empowered Survivor | HEALing Mentor |  
Bestselling Author | Inspirational Speaker

Beth Jones is a passionate storyteller who shares with raw authenticity her story and experience with personal and professional transformation. Beth's message--that you, too, can heal--is a beacon of inspiration and a testament to the power of healing from trauma and abuse, where she has transformed her life from surviving to thriving. She is the Creator and Founder of Empowered Survivors, a community for survivors of trauma and abuse to connect and find resources. She is also the creator of the HEAL framework, which she uses in her work as a HEALing Mentor. Beth believes that to HEAL means to Hope, Evolve, and Love, in action.

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 is a two-time bestselling author, most recently with her first solo book *Becoming an Empowered Survivor: You, Too, Can Heal from Trauma and Abuse*. Previously she contributed her story in a chapter of 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

## Contact & Connect

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