

www.empoweredsurvivors.com



Beth Jones

**LEADERSHIP PERFORMANCE
STRATEGIST | THE HEALING MENTOR
SPEAKER | AUTHOR**

Unlock peak leadership performance by identifying
and healing survival-driven behavioral patterns.

SPEAKER'S KIT

Meet Beth

From 30 years of exposing fraud globally to transforming the world's deepest wounds into its greatest wisdom.

A two-time bestselling author, leadership performance strategist, and the HEALing Mentor, Beth Jones spent 30 years as a senior forensic accounting investigator at firms such as FTI Consulting and EY, exposing corporate fraud and white-collar crime worldwide. Through hundreds of witness interviews and high-stakes investigations, she developed a sharp ability to identify how people respond under pressure and see the behavioral patterns that surface when authority, accountability, and risk collide.

Later in her career, Beth turned that same investigative lens on herself and recognized that many of the survival patterns she'd spent decades identifying in others were shaping her own leadership style. Behind her executive success was a 45-year-old wall built from childhood sexual abuse, unprocessed trauma, and survival at all costs. In June 2020, a hypnotherapy session revealed the truth she'd buried for decades, launching her journey from high-functioning survivor to thriving healing mentor. Today, as the creator of *the HEAL Framework™*, the host of *Let's HEAL! with Beth Jones*, and the author of *Becoming an Empowered Survivor*, she helps leaders and survivors identify the hidden behaviors that influence their decisions, relationships, and lives. Beth's work proves that healing is possible, purpose emerges from pain, and radical transformation is available to anyone willing to do the work.

A Texan who grew up in the Middle East and Southeast Asia, Beth brings both an international perspective and a Southern heart to stages worldwide.



Signature Talk Decision Guide

Beth's work spans leadership performance, human behavior, and the survival patterns that shape how people lead, live, and love. Below is an overview of her signature talks to help you select the right fit for your audience. Beth's presentations are designed to meet the needs of corporate, professional, and select development audiences. Each talk can be tailored to align with your organization's goals. Available for keynote, workshop, breakout session, panel, and media appearance. For more guidance or customization, connect directly with Beth.

Let's HEAL!

How to Transform Your Deepest Wounds Into Your Greatest Strength

For audiences seeking deeper growth and a structured approach to identifying, understanding, and healing survival patterns impacting how people lead, live, and love. (Adaptable for personal or professional development)

When Life Happens at Work

The Integration Strategy for Leading Through Personal Challenges

For corporate and professional audiences navigating personal challenges or crises while maintaining leadership, performance, and team trust. (Professional development)

Redefining Abundance

The Purpose Pivot from Achievement to Fulfillment

For high-performing professionals questioning whether the success they've built is the life they actually want. (Career transition / Purpose)

You, Too, Can Heal

3 Truths Every Survivor Needs to Hear

For survivors ready to take their first step, a practical, hope-filled introduction to the HEAL Framework™ that meets people exactly where they are. (Introductory / Wellness)

There But for God's Grace

Understanding the Thin Line Between Surviving and Suffering

For faith-based recovery, and advocacy-focused audiences exploring the realities of escape, isolation, and human behavior. Requires a pre-booking conversation. (Inspirational)

Quick Reference Chart

Every keynote can be tailored specifically for your audience. This chart shows the most common keynote and audience pairings.

Keynote	Frequently Booked By	Intensity	Key Differentiator
Let's HEAL!	Survivor communities, women's groups, personal development, and leadership development	High	Complete healing arc + <i>The HEAL Framework™</i> + adaptable for professional audiences
When Life Happens at Work	Corporate leadership, HR, entrepreneurs, and professional organizations	Moderate	Workplace application, integration over balance
Redefining Abundance	High achievers, midlife professionals, and purpose-seekers	Moderate	Career pivot, second mountain service and living
You, Too, Can Heal	General audiences, wellness programs, community organizations, and new-to-healing	Low-Moderate	Accessible entry point, 3-truth framework
There, but for God's Grace	Faith communities, recovery organizations, criminal justice, and social services	Very High	Beth's most personal keynote — replaces judgment with compassion around addiction, hardship and suffering

Booking Guidance

Choose “Let’s HEAL!” if:

Your audience is ready for deep emotional work and wants the full healing arc with a practical how-to framework — adaptable for personal growth or professional leadership development.

Choose “When Life Happens at Work” if:

Your audience is corporate/professional and needs strategies for maintaining excellence during personal challenges or crises.

Choose “Redefining Abundance” if:

Your audience is successful but unfulfilled, questioning their purpose, or considering a major career/life pivot.

Choose “You, Too, Can Heal” if:

Your audience is broad/general, new to healing concepts, or needs an accessible, hope-filled introduction without intense emotional processing.

Choose “There, but for God’s Grace” if:

Your audience works directly with addiction (any form of escape), recovery, or trauma survivors, or needs to understand that grace — not character — separates those who stand vs those who fall. Requires a pre-booking conversation with Beth.

Additional Topics

Beth offers additional speaking topics spanning leadership, healing, and personal development. Visit empowered survivors.com/speaking for the full list.



LET'S HEAL!

How to Transform Your Deepest Wounds into Your Greatest Strength

Beth Jones takes audiences on a powerful journey from childhood trauma survivor to leadership performance strategist and healing mentor, revealing how she dismantled her 45-year-old protective wall built from abuse and unprocessed pain. Through visceral storytelling and a practical framework, she demonstrates that our deepest wounds — when healed with intention — become our most significant source of strength and a means of service to others. Beth's raw vulnerability, combined with practical healing strategies, inspires audiences to change how they see their story, stop suffering because of others' actions, commit to their own healing journey, and ultimately transform their deepest pain into their greatest purpose.

Key Audience Takeaways:

- The HEAL Framework™: A proven roadmap for transforming pain into purpose through taking actions to Hope, Evolve, And Love
- Breaking Through Invisible Walls: How to identify and dismantle the emotional barriers and survival patterns keeping you stuck in survival mode
- From Wounds to Wisdom: Practical strategies for transforming your most challenging experiences into authentic sources of strength and service
- The Heart-First Approach: Why emotional healing is the leverage point for all resilience and lasting change
- Survival Patterns in Leadership: How control, overperformance, and emotional distance show up as "strengths" that quietly undermine trust, decision-making, and sustainable performance

Best for: Personal development audiences · Leadership development programs · Women's leadership conferences · Wellness and growth-focused communities

Emotional Intensity: High





WHEN LIFE HAPPENS AT WORK

How to Lead Through Personal Challenges

Life doesn't ask permission before it disrupts your career trajectory. When personal upheaval collides with professional responsibility, most leaders try to compartmentalize — and inevitably burn out or break down. When Beth Jones discovered childhood trauma and her marriage collapsed while leading a team of 125 people across Asia as a senior executive, she faced an impossible choice: keep compartmentalizing and risk breakdown or show up as a whole human and risk her career. Through her journey from exhausted split-screen living to strategic vulnerability with her boss, Beth reveals an integration framework that enables leaders to honor their full humanity amid personal challenges while maintaining professional excellence. Her honest account of leading through divorce and trauma therapy, while successfully managing her team during the COVID-19 pandemic, proves that authentic leadership builds trust rather than destroying it, and that integration — not balance — is the key to sustainable performance.

Key Audience Takeaways:

- Integration vs. Balance: Why “work-life balance” creates more stress, and how integration is more realistic to build sustainable success and authentic leadership
- Strategic Vulnerability: How to communicate your needs honestly during personal challenges without compromising credibility or career trajectory
- Sustainable Excellence: Moving from burnout-prone compartmentalization to whole-human leadership that builds both results and resilience
- Building Emotional Safety: Creating support structures — for yourself and your team — that allow everyone to perform at their best during life's inevitable storms

Best for: Corporate leadership • HR and people teams • Professional organizations

Emotional Intensity: Moderate





REDEFINING ABUNDANCE

The Purpose Pivot from Achievement to Fulfillment

What if everything you've been taught about abundance is wrong? High achievers who chase money, titles, and possessions often discover that external success can't fill an internal void. Discover how to pivot from hollow achievement to fulfilling purpose and create the kind of abundance that satisfies your soul.

After 32 years climbing the corporate mountain to senior executive roles at the global consultancy firms FTI Consulting and EY, Beth stood at the top and felt completely empty. Through her journey from achievement-based scarcity to purpose-driven fulfillment, Beth reveals why external accumulation creates internal emptiness and how to make the pivot from hollow "first mountain" success to meaningful "second mountain" work. Her raw account of transitioning from forensic investigator to healing mentor — building the bridge between financial security and soul-satisfying purpose — shows audiences how to identify their life's true work, create a practical transition strategy, and redefine abundance as impact and contribution rather than titles and possessions.

Key Audience Takeaways:

- First Mountain vs. Second Mountain: How to recognize when you're climbing the wrong mountain and ready for your purpose pivot
- The Fulfillment Framework: Practical strategies for identifying work that feeds your soul, not just your bank account
- The Transition Bridge: How to pivot to purpose-driven work without sacrificing financial security or professional credibility
- Abundance Mindset Shift: Moving from accumulation-based thinking to contribution-based living for lasting satisfaction and legacy beyond achievement

Best for: High-performing professionals · Senior leaders · Career transition audiences

Emotional Intensity: Moderate





YOU, TOO, CAN HEAL

3 Truths Every Survivor Needs to Hear

Most people believe healing from trauma is complicated, requires years of therapy, or simply isn't possible for them. Beth Jones dismantles these myths by revealing three foundational truths that make healing accessible to everyone: we are ALL survivors carrying wounds that need healing, YOU can heal regardless of what you've survived, and the path forward is simpler than you think — it just requires you to Hope, Evolve, and Love in action. Through her journey from living for 45 years behind a protective wall to thriving as a leadership performance strategist and the HEALing Mentor, Beth proves that understanding these three truths creates the foundation for radical transformation. Audiences leave with permission to begin their healing journey, clarity about what healing actually requires, and hope that the life they want is possible. Because if Beth can heal, you can too.

Key Audience Takeaways:

- We Are ALL Survivors: Understanding that everyone carries trauma — whether “Big T” or “little t” — and recognizing your own survival patterns is the first step toward healing
- Healing Is Possible for YOU: Why your wounds don't define you, how others have turned their deepest pain into their greatest strength, and why “you, too, can heal” isn't just a message — it's a promise
- The HEAL Framework™: The simple, proven roadmap for radical transformation by fueling your journey with hope, evolving through self-discovery, and learning to love
- Permission to Begin: How to start your healing journey with clarity, confidence, and commitment to showing up for yourself

Best for: Trauma survivors • General audiences • Wellness programs • Community organizations • New-to-healing audiences

Emotional Intensity: Low-Moderate, but highly inspirational



Special Keynote

THERE, BUT FOR GOD'S GRACE

Understanding the Thin Line Between Standing and Falling

What separates someone who thrives from someone who barely survives? What keeps one person from falling into addiction while another escapes it despite reckless behavior? The uncomfortable truth: often nothing but God's grace. In this deeply personal keynote, Beth Jones shares what few successful executives would dare admit — that her own escape mechanisms and reckless choices could easily have led to a very different outcome. The only difference between her corner office and someone else's rock bottom was grace — not character, not willpower, but the unearned mercy of a Higher Power. Her unflinching honesty about the 45-year-old protective wall she built from childhood sexual abuse breaks down the “us vs. them” mentality around addiction and suffering, proving that we're all just survivors trying to escape unbearable pain in different ways, and that compassion, not judgment, creates the conditions for healing.

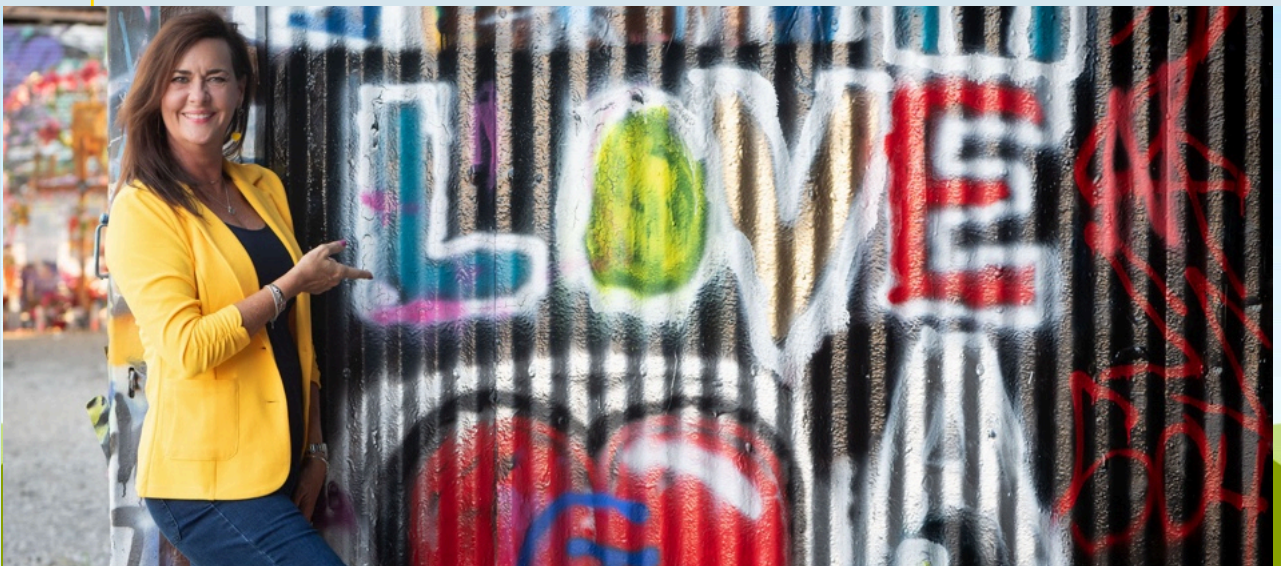
Key Audience Takeaways:

- The Grace Factor: Understanding how circumstance, not character, often determines who falls into destructive patterns and who doesn't
- Beyond Judgment: Moving from “why don't they just stop” to “what happened to them” to shift judgment into compassion
- The Escape Instinct: How dissociation, addiction, and self-destructive behaviors are survival mechanisms, not moral failures
- Hope Through Healing: The HEAL Framework™ works for any survivor — whether struggling with addiction, workaholism, or other destructive survival patterns
- Shared Humanity: Seeing yourself in those who suffer differently than you do creates the conditions for collective healing

Best for: Faith-based organizations • Recovery and advocacy communities • Social impact audiences

Emotional Intensity: Very High

Special Note: Requires pre-booking conversation to ensure alignment with the audience.



Select Stage Appearances



Select Podcast Appearances



Podcast & Books



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Available October 25th

Words of Praise

Beth is a model for healing, and her strategies are powerful. But above all, her belief in herself is the most powerful. Within these pages is the inspiration to help you overcome the effects of your unprocessed trauma and associated emotions and heal.

- Monica Borschel, PhD

I have to go back and reread parts because it's so profound, insightful, deep and helpful. Well done my sister, well done. I can't imagine all the people your story will heal.

- Christi Hart Murphy, Entrepreneur-Owner

Beth's courage in sharing her survival story is truly inspiring. Her strength motivates me to face my own challenges with hope and confidence that things will be okay in the end.

- Yovi Setiabudi, Senior Director



BRING BETH TO YOUR STAGE

Beth is available for speaking engagements worldwide, both in-person and virtual. To inquire about availability, speaking topics, or customized presentations, please email or book a call:

 [Email Beth](#)

[Schedule a
Discovery Call](#)

Beth

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