



Connie Jones is a heart warrior. A freedom fighter. A master of breakthrough. A success coach and therapist. She is passionate about helping high achieving entrepreneurs break free from limiting mindsets and habits, so they can live in greater fulfillment and soar in next level success in life and business. She delivers high caliber group and one on one coaching programs that result in significant income increases, greater impact, abundant joy, and more free time for her clients.

As an intuitive and dynamic motivator, Connie understands the barriers that prevent her clients from living in true freedom and fulfillment and she has a keen sense of getting to the root of what is keeping them stuck in struggling, striving, and surviving when they were meant to thrive. She inspires and empowers her clients to awaken to their true essence and uncage from everything that hinders them, so they can unlock their potential and unleash their greatness! A natural discernor, Connie recognizes her clients' innate design and strengths, as well as their internal conflicts. She guides them to discover their passion and purpose, grow in wholeness, and demolish strongholds that keep them in bondage. Tapping into their inner wisdom and power, they experience deeper levels of meaning and fulfillment, rising to new heights in their personal and professional lives.

As an avid Heart Sparks vlogger, host of the Warrior Arise! Podcast, and motivational speaker, Connie imparts hope and passion to her audience as she shares wisdom from her own personal struggles and victories. Her audiences benefit from her expertise as a highly sought after therapist and coach for almost two decades. Author of Warrior Arise! Live Bravely, Freely, and Authentically YOU, Connie invites the reader to close the gap between the reality of the life they're living and the life they were created for. She shows them how to silence the voices of fear, shame, and self-doubt that keep them playing small so they can be fully, powerfully alive in their true identity so they can live their destiny!

Connie holds a B.S. in Exercise and Sport Science from the University of Georgia, a M.A. in Sport Management from the University of Georgia, and a M.A. in Professional Counseling from Argosy University. Her professional experience spans from fitness professional, to sports performance coach, to sales and management executive. She is an innovative, natural leader who is an energetic, driven, and savvy entrepreneur. Connie lives a heart centered, growth minded life, fueled by passion and founded in purpose. Both a Warrior for people's hearts and a free-spirited wildflower, her life purpose is to see the beauty of God's heart and to reflect it to others. Connie loves people, animals and nature, and she invests in her health through CrossFit training and running. Family and community-focused, she enjoys nothing more than seeing people Thrive in a Life of Freedom and Fullness!