

A Holistic Way of Living and Leading with Courage and Authenticity with guest Ken Edwards of Provident Leadership

Warrior Arise! Podcast [Show Notes]

The mission of the Warrior Arise! Podcast is to inspire, empower, and equip you to think, feel, and act like the powerful Warrior you are so you can Live and Lead bravely, freely, and authentically in your unique purpose and destiny. In each episode, I'll impart hope, passion, and wisdom from my own journey from struggling, striving, and surviving to thriving. You will glean my expertise as a highly sought-after therapist and coach for more than a decade. You'll also hear vulnerable, authentic conversations with fellow Warriors who will share their stories of living in and leading with courage, freedom, and authenticity in a passion fueled and purpose centered life.

As a result, you will awaken to your true essence and power and uncage from patterns of thinking and behaving that hinder you so you can live in deeper satisfaction and soar to next level success in life, work, and business! Victory and prosperity are our inheritance. Promise land living is your birthright. As Warriors, we must claim ownership and step into what is ours to possess.

This episode is packed full of powerful wisdom as Connie and her guest, Ken Edwards, discuss the importance of doing the inner work to heal emotional wounds and shift limiting mindsets to live and lead from wholeness and authenticity. A Counselor and Executive Coach for over 35 years, Ken shares what keeps people stuck in struggling, striving, and surviving in a harder and smaller existence than the one they were created for, and he discusses the process of transformation that heals and sets people free to be their best self and live a meaningful, purpose centered life. As Connie's Therapist and Coach, Ken recounts with Connie his journey to breakthrough freedom and next-level success to inspire you to access the more that is awaiting you on the other side of pain and struggle.

In this Episode:

- Undoing the unraveling of all we were thought that we had to be, all of the expectations and the standards that we were brainwashed when we were young.
- A deeper understanding of what helps people do; how someone gets that breakthrough and transformation in their life and their work.
- Helping people think through more holistically with their spiritual life.
- What keeps people on the same old striving, struggling, surviving, existence, burned out when it's not working for them; what can be offered and what is available for you.
- What causes us to stay further away from our purpose and our unique design, and who we were made to be

For more than 30 years, Ken Edwards has demonstrated his passion for people by engaging in their stories, their work, and their hearts. Ken currently coaches men and women across the country in high-ranking leadership positions who are dedicated to excellence and positive impact in their lives and careers.

He's a listener by trade and inclination—gifted in the art of discerning the meaning between the spoken lines. The result is that he recognizes and understands his client's core strengths, root issues, and struggle for change. He mentors people toward wholeness and growth, empowering them to live out of their truest selves. Ken believes that those who understand their innate design become more vibrant and effective people. His ultimate goal is to liberate people from fear and shame so they can live their lives with courage and authenticity.

Ken holds a B.S. in education from the University of Arkansas, an M.A. in education from Southwestern Seminary, and an M.Div. and M.A. in marriage and family counseling. He has been married to his wife, Janet, for 38 years. The couple has three sons, three daughters-in-law, and four grandchildren. Ken and Janet are longtime residents of Franklin, Tennessee. When not at home, Ken can be found building furniture, hiking, or casting fly lines knee-deep in an alpine river.

Ken was instrumental in my personal and professional transformation as my counselor and coach for the past 10 years, and I can him my sage. His wisdom is unmatched, and the personal and professional growth that I've experienced as a result of working with him has been empowering and rewarding - He's been a game-changer in my life. So, Ken thank you for being you.

Let's dive in.

Quotes from this Episode:

"My mission statement is to help people reach their full potential in Christ and reflect the authenticity in Him." —Ken Edwards

"Passion is like a glass of water: it is a fuel that is meant to be poured over the contours of your identity." —Ken Edwards

"When we focus on serving Him (God), everything is Holy." —Ken Edwards

Resources:

Website: www.providentleadersip.com

Instagram: <https://www.instagram.com/kenedwards615/>

LinkedIn: <https://www.linkedin.com/in/ken-edwards-9005a7/>

Podcast Show: [What's Inside: Discovering What You're Made Of And How To Make The Most Of It](#)

Golden Timestamp:

37:05–37:59: Ken Edwards on Warrior Arise! Podcast talking about how moving through life's "valleys" and partnering with God can become catalytic to unlocking breakthroughs after breakthroughs in life.

[#WarriorArisePodcast](#) [#iamawarrior](#) [#warriorarise](#) [#livebravelyfreelyauthenticallyyou](#)

ConnieJonesCoach.com

[Facebook](#) | [Instagram](#) | [LinkedIn](#) | [YouTube](#)

Warrior Arise! Podcast © 2021 Connie Jones Coaching