

## Healing The Heart Of Families with Tundi Jones

### 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. Promised land living is your birthright. As Warriors, we must claim ownership and step into what is ours to possess.*

As a Licensed Therapist and Family Systems Specialist, Tundi dives deep into a discussion with Connie about the pain and struggles families face and how she helps them heal and unify. Tundi shares her wisdom and expertise about God's heart for the family, and the barriers and issues families must overcome in loving and relating to each other in healthy, productive ways. She explains the importance of families doing the work to heal and be whole so they can enjoy connected, deeply fulfilling relationships with each other. Tundi reminds us that the most beautiful love is messy and hard, but it is worth every moment – because by healing ourselves, we can help heal those we love most. This episode is all things family matters and one you don't want to miss!

During our conversation, Tundi:

- Recounts her why for the work she does.
- Walks us through the struggles families are commonly experiencing and how she helps them heal and thrive.
- Shares why vulnerability and authentic communication are crucial in families.
- Explains the importance of doing the work to heal the family system rather than just focusing on the individual.
- Gives us insights into why blending families is so hard and the importance of seeking guidance in the challenges to ensure success.
- Shares encouraging wisdom for those who are experiencing family stress and challenges.

Tundi is a Therapist and Coach at Arise Counseling and Coaching in Peachtree City, GA in the arena of restoring and building healthy families. She has spent the past twenty-plus years working alongside intact families, blended families, single mothers and fathers, grandparents raising grandchildren, and children of all ages to help them navigate through difficult times to find purpose, freedom, fulfillment and connectedness. Tundi's passion for personal and interpersonal integrity – in combination with her own brokenness and daily need for grace – inspires her to create a counseling context that offers safety and the opportunity to push beyond unhealthy habits and develop long term change.

#### Quotes from this Episode:

**"I absolutely love the fact that we don't just get to work on changing kids behavior, but also connecting to their heart." — Tundi Jones**

**"It is all about that love connection to others that we seek." — Tundi Jones**

**“One part of the system cannot exert all the change, it needs to be many members of the system, carrying that together.” — Tundi Jones**

**Resources:**

Website: <https://arisecounselingandcoaching.com/>

LinkedIn: <https://www.linkedin.com/in/tundi-jones-2110301a3/>

**Golden Timestamp:**

**51:58-53:07** - What she as a counselor does to help families.

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