



Cheryl L. Jones

SPEAKER • AUTHOR • WELL-BEING EXPERT

Empowering women with mindfulness to build resilience and thrive.

Cheryl L. Jones has dedicated her entire career to helping others live a healthier lifestyle. She was a personal trainer to Jacqueline Kennedy Onassis as well as a health and physical education teacher. As a recognized wellness coach, Cheryl led the design and build of Aetna's mindfulness-based coaching program.

Today, Cheryl is a published author and sought-after leader of mindfulness programs that are transforming lives. As the director of mindfulness at Aetna, Cheryl has been at the forefront of the mindfulness revolution in the workplace and in healthcare.

Her mindfulness work with women—through workshops, retreats and coaching sessions—empowers them to build resilience, live more fully and thrive in all areas of life.

Connect with Cheryl:

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The Mindful Path

SPEAKER TOPICS

Create a Resilient Workplace Culture of Well-Being

Developing a Mindfulness Strategy

Mindful Exercise

Connecting Your Body and Brain to Age Gracefully

The Mindful Path to Well-Being

Building Resilience to Thrive in All Areas of Life

PRESENTATION STYLE

Cheryl engages her audience through lecture and experiential practice, and by creating an open, safe environment for learning, discovery and sharing. Her presentations consider a wide range of learning styles and aptitudes. She helps participants integrate what they have learned into everyday life.

AUDIENCE TAKEAWAYS

- Gain a clear understanding of mindfulness and meditation
- Practice mindfulness and experience the benefits
- Be empowered with practical tips and tools to apply now
- Identify at least one small change they will make immediately
- Leave feeling inspired to live a life of meaning and purpose
- Be introduced to resources for continued growth

BACKGROUND & CREDENTIALS

Cheryl holds a master's degree in exercise science from the University of Connecticut and a certificate in spirituality from the University of Saint Joseph. She completed a number of in-person professional trainings in Mindfulness-Based Stress Reduction (MBSR) through the University of Massachusetts Medical School, Center for Mindfulness. This program, developed by Dr. Jon Kabat-Zinn, is considered the gold standard of research-based mindfulness meditation training.

- MBSR for Health Care Professionals, 1996
- MBSR Professional Internship, 1998
- MBSR Teacher Development Intensive, 2002



REVIEWS

“Cheryl’s presentation at the American Heart Association’s Greater Hartford Go Red for Women Luncheon was flawless. She captured everyone’s attention with her inspirational message as well as her poise and grace.”

— Sharon Alleman, CFP®, Senior Vice President – Wealth Management
UBS Financial Services, Inc.

“Cheryl is a confident and poised presenter who fully engages her audience. I would strongly recommend Cheryl as an effective, passionate and inspiring presenter.”

— Irene van der Berg, Vice President
Health Engagement Solutions Leader-Health Advocacy Solutions Group

“Cheryl presented at the Mindful Business Conference where I observed her managing a large audience, fielding questions, and listening and responding with accuracy and care.”

— Tara Healey, M.Ed., Program Director, Mindfulness Based Learning
Harvard Pilgrim Health Care



PAST AUDIENCES

- Greater Hartford Go Red For Women Luncheon
- ESPN Executive Round Table
- Elle@Legrand Women’s Leadership Conference
- The Wharton School of the University of Pennsylvania
- H.E.B. Women’s Leadership Conference
- Copper Beech Institute
- Central Connecticut State University
- Quinnipiac University Center for Women & Business
- Greater Hartford Women’s Conference
- Integrated Benefits Institute Annual Forum
- Federal Bench and Bar Conference
- LiveBrilliance Mindfulness Conference, Villanova University
- The Mindful Business Conference, New York City
- Colorado Culture of Health Conference
- Wellness Council of Tampa Bay Conference
- Movement Is Life National Caucus on Arthritis and Musculoskeletal Health Disparities, Washington, D.C.

TOOLS



Mindful Me®

Reduce stress and build resilience with Cheryl’s mobile friendly, online, self-paced mindfulness meditation program.



Thriving When Your Cosmic Egg Is Cracked: A Mindful Journey

Using her story as a backdrop, this book empowers readers with skills to build resilience to evolve from surviving to thriving even when things are falling apart.



Mindful Exercise, A Bridge Between Yoga and Exercise

This book teaches readers how to cultivate the wisdom of the body through an integrative practice.