



# Cheryl Jones

SPEAKER • AUTHOR • WELLNESS EXPERT

*Empower yourself  
with mindfulness  
to be healthier  
and thrive.*

**Cheryl L. Jones** has devoted her entire career as a healthcare professional to exploring and teaching best practices for health and well-being that can be easily integrated into everyday life.

Early in her career, Cheryl was personal trainer to Jacqueline Kennedy Onassis as well as a high school health and physical education teacher. Today she is a published author and sought after leader of wellness solutions that are transforming lives.

Cheryl has been at the forefront of the mindfulness revolution in the workplace and in healthcare. She was awarded the Norman Vincent Peale Award for Positive Thinking for integrating mindfulness into corporate culture during her nine-year journey at Aetna.

#### Connect with Cheryl:

860-836-3925

Cheryl@themindfulpath.com

www.themindfulpath.com

## SPEAKER TOPICS

### Mindful Leadership:

Guiding Your People Through Change More Effectively

### Wellness Sustainability:

Best Practices for Engaging Committees, Champions, and Employees

### From Surviving to Thriving:

Creating a Healthier, Happier Life, One Choice at a Time

## 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

- Articulate what mindfulness is and how it improves personal health and/ workplace well-being
- List practical tips and new skills to apply immediately
- Identify one small change they will make right now
- Analyze resources for continued growth and sustainability

## 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.

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## 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

- 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
- Quinnipiac University Center for Women & Business
- Federal Bench and Bar Conference of Florida
- LiveBrilliance Mindfulness Conference, Villanova University
- The Mindful Business Conference, New York City
- Emerging Women Live Conference, Denver
- Next Generation of Government Training Summit
- DisruptHR, Hartford
- New England Geriatrics Annual Meeting
- ORCHSE Strategies Corporate Health Directors Network Meeting
- Wisdom 2.0 Conference, San Francisco, CA

## 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.

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