



Tiffany Jones, MPH

Empowerment Speaker | Amazon #1 Best Selling Author | Holistic Wellness Coach



Since 2014, Tiffany Jones, bestselling author, speaker and wellness coach has transformed the lives of hundreds of high achieving women and students on stage and in her training programs. Her book “More Life,” which reveals the secrets to cultivating the grandest vision for your life, shot to the Amazon #1 best seller in 24 hours and has received praise for transforming lives.

Tiffany holds a BS in Biology and a Master’s degree in Public Health and currently serves in the tech space as an IS Applications Manager in addition to running her company. Tiffany achieved what she calls “societal success” conquering the corporate sector of the IT healthcare industry, getting married, and becoming a mother. It wasn’t until she experienced the tragic loss of losing her own mother within one year of a cancer diagnosis, that she began to reinvent herself and turn her pain into purpose.

In her signature presentations, Work-life Balance Through Holistic Soulcare & Thoughts andnTalks, Tiffany has the ability to use storytelling, humor and passion to make faith, holistic self-care and understanding your purpose real.

What people are saying:



“Tiffany Jones is an energetic, inspirational change agent that through her message is helping to transform the lives of many! Her talk was so impactful that many of the students still follow her today. She is a true Tuskegee Alum!”

Walter Cooper, Interim Dean of Students



“Her transparency, her spirit and her wisdom fed the souls of our attendees with information that allows them to live a life of abundance. Tiffany is a breath of fresh air!”

Candi Cylar, Creative Director Impact Church



“Tiffany was amazing! She was a force of inspiration and light at Limitless LIVE. Every person left informed and empowered by her message!”

Lauren Lake Judge, Paternity Court



Speaking Topics:

- Work-life Balance Through Holistic Soulcare
- Thoughts & Talks: How to Turn Self Doubt into Self Confidence
- **Custom Topics Available**

Book Tiffany for your next event!



info@tiffanyjonesglobal.com



tiffanyjonesglobal.com



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