

# SHEREE CAIN-JONES

TRANSFORMATIONAL SPEAKER,  
LEADERSHIP, LIFE AND MARRIAGE COACH

## SHEREE TURNS PAIN INTO POWER!

Sheree is a transformational leadership speaker, coach, entrepreneur, mother, wife and friend. She has been featured on various podcasts including psychotherapist Dr. Dan's Meaning Project podcast and the Tough Mom podcast. Sheree commits her life to empowering leaders who desire to live impactful and purpose-filled lives. She knows what its like to be punched by life and she knows what it takes to punch back!

Sheree grew up in poverty and believed that she was worthless and without hope. After dropping out of high school and becoming pregnant, people thought her life was over. But there was another plan!

Her humor, high energy and storytelling will inspire and empower you to change your perspective and see that you have the power to change the trajectory of your life. In her talks she provides a three part framework to discovering how to first show up for your own life so that you can be the leader, entrepreneur, mother, father and friend that you always wanted to be. She will inspire you to take your pain, flip it and then make it become your greatest power!

**Sheree used to help women nurse their babies now she helps leaders nurse their dreams!**

**Available for: Keynotes, Breakouts, Women's , Podcast, Corporate and Faith-Based events**

## THIS COULD BE YOUR RESPONSE

### TESTIMONIES

**When Sheree spoke" I felt encouraged and empowered..."  
M.J**

I had a lot of blocks around what MY vision was and if I was capable to walk it out but when Sheree spoke I felt encouraged, challenged, fired up! I felt reinvigorated to run towards the calling God has on my life, some of the limiting beliefs I had around myself and my vision were lifted as well

Liz H.

*Podcast host of The Tough Love Mom Podcast*

As she spoke I was utterly captivated and I left feeling refreshed and recharged. Ready to put her words into action!

A. Williams

*MS, CCC-SLP Founder, President, CEO of Let's Talk! Therapy Center*



## SIGNATURE TALKS

Leadership begins with me  
Girl, get your vision back!  
Goals made simple workshop  
Confidence is not something you get, its something you do!

I know what it takes to lead and overcome challenges that make you and your team feel stuck . Let me help you understand how to live a life of purpose, clarify your vision and obtain clarity that gets you what you have always wanted... peak performance and RESULTS!

## CONTACT INFO:

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**LET'S TALK AND TURN  
YOUR PAIN INTO POWER!**



# SHEREE CAIN-JONES

SPEAKER, LEADERSHIP,  
LIFE, MARRIAGE, AND PRESENTATION  
COACHING

**HI THERE! MY NAME IS SHEREE I AM AN  
EXPERT AT TURNING PAIN INTO POWER! I  
KNOW WHAT IT IS LIKE TO BE FRUSTRATED  
AND NOT WHERE YOU WANT TO BE WHILE  
KNOWING THERE IS MORE!**

**I used to help women nurse their babies,  
now I help people nurse their dreams!**

**If you tired and want to ELEVATE your performance  
let's go!**  
**You deserve to be the most elevated and highest  
version of yourself. Let me help you, get the REAL you  
out!**

## THIS COULD BE YOU

### TESTIMONIES

"During each session I felt seen, heard, and appreciated. Seeing how I show up in relationships has been so eye and heart opening! I left with clarity and practical application tools that will help me in my life. I also left with the confidence of knowing I can accomplish things I want to accomplish with the Lord's help." V.L

" I felt like Sheree asked me all the right questions and guided me with clarity, honesty and validation. Her ability to dig deeper on some of my high level answers led me to a place of revelation, direction and empowerment. I felt encouraged, inspired and a renewed sense of peace after my session." City Manager

" I was anxious to hear a lot of criticism, and I appreciate that Sheree took time to be a "real human" particularly because it was over Zoom, especially emphasizing that she was 100% present with me when with me. I felt nervous, but that shifted after Sheree highlighted the positives and gave me encouraging words with concrete tasks to complete for the next coaching session." Psychologist



## COACHING

I know what it takes to overcome and live a life of purpose, vision and clarity that gets you what you have always wanted...RESULTS!

### I HAVE A FIVE-STEP FRAMEWORK

We identify the problem  
We develop a plan  
We work on your mindset  
We discover what you really want  
**YOU TAKE ACTION!**  
**YOU GET RESULTS!!**

### WE WORK ON SOLUTIONS WE GET OUT OF VICTIM MODE AND INTO PROBLEM-SOLVING MODE

In the end you get what you want...RESULTS

### LET'S TALK AND TURN YOUR PAIN INTO POWER!

This is only for those who want to do hard things,  
Show up, execute and refuse to succumb to  
excuses!

