## Claim YOUR CONFIDENCE!

Unlock and Fulfill Your Heart Desires, One Step at a Time

Frances Jones SPEAKER, AUTHOR

Having first-hand experience with the pain of infertility, Frances Jones speaks to audiences across the globe about living a stress-free, shame-free, empowered existence, using unique tools she has developed through her experiences to help others conquer negativity in all forms.

Frances Jones is a speaker, bestselling author and transformational coach. She holds master's degrees from the University of Mississippi in accounting and educational leadership. She is a certified professional coach, Energy Leadership Index master practitioner, and the CEO/ Founder of Heart Desires Fulfillment Coaching. LLC. Frances is the former Executive Channel Producer of the NSpire Together TV show which is part of the Women Win Network. She helps individuals who are holding themselves back from pursuing their dreams and fulfilling their heart's desires. She helps them to get rid of the excuses and devise a plan of action that will lead them to success.

Frances specializes in infertility coaching and has more than twenty years of personal infertility experience. She uses her story and the empowering lessons she learned to inspire, motivate, encourage, and help others who are dealing with negative emotions and stigmas

associated with fertility challenges as well as other emotional and mental obstacles. She is a highly sought-after Keynote Speaker for various Women Empowerment summits and was recently televised on Fox Soul The Tammi Mac Late Show to discuss Black women and infertility. Her book, "Overcoming the Emotional Stigmas of Infertility: Barren but Not Ashamed", is available on Amazon.

## FRANCES IS AVAILABLE TO SPEAK TO:

Women's Groups, Professionals, Infertility Groups/Organizations, Corporate and HR Departments, Wellness, Church Organizations, Community Centers, TV/Radio Show Hosts, and Empowerment Summits

Topics for keynotes, seminars, workshops, live and virtual events include:



Clear Out the Negativity from Infertility. Break Free - Live Shame Free



**Adoption & Fertility Treatment Options;** Knowledge is Power. Choose to Build Your Family Your Way



The Success Strategy - Break Free from Negative Thoughts and Emotions, Claim Your Confidence



Fearlessly Step into Your Gifts and Talents -Eliminate the Road-Blocks



Stress Analysis - Victim or Helper, Which Are You? The Frances Jones Guide to Living a Stress-Free Life

## **Contact Frances:**







<u>Testimonials</u>



HeartDesiresCoaching.com





YouTube Channel





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