

ConSandra Jones

ConSandra Jones is a Leadership Coach, Organizational Consultant, and Author. Her career began in advertising and marketing in the early '80s. In 1992, she founded a national staffing firm that was recognized three consecutive years as one of Houston's fastest growing businesses by the Houston Business Journal. Her corporate clients have included Lockheed Martin Space Information Systems, AT&T, Compaq Computer Corporation (HP), Lucent Technologies, and Southwestern Bell. After selling her staffing firm, ConSandra continued supporting numerous clients as a consultant.

As a widely respected coach and consultant, ConSandra utilizes a professional background that includes over twenty years entrepreneurial and corporate experience to develop leaders and their teams. ConSandra is a visionary with a passion for empowering people and professional excellence. She founded a national staffing firm that was recognized three years in a row as one of Houston's Fastest Growing Businesses. As an organizational leader, she has been responsible for developing and managing relationships with a client list of Fortune 100 firms, leading business initiatives, managing a P&L, and achieving profitable growth in a competitive business environment. Corporations enjoy improved organizational performance, productivity, and effectiveness through her work with their key people. She is committed to building effective leaders, strengthening teams, and facilitating effective communication. ConSandra provides special value to her clients by leading conversations and activities that yield measurable business results. In addition, she is a facilitator and public speaker who is consistently rated "excellent" by participants of her sessions. Her extensive experience in all areas of talent management--- recruitment, development, and retention gives her a rare, holistic perspective. She is uniquely qualified to develop and help retain high-quality talent in an era of constant change.

ConSandra published her first book, *A Journey Back to Me, Rediscovering Physical, Emotional, and Spiritual Wholeness* in 2000 and has traveled nationally to share her empowering story. Her second book, *Wisdom For The Journey, Practical Tips For Creating The Life You Want*, released in 2005, is a survival handbook for young people transitioning into adulthood and adults in transition. Both readers and listening audiences enjoy her conversational style.

She has been featured on Great Day Houston and in the Houston Chronicle. ConSandra's life mission is to make a positive difference in the lives of others. She is a graduate of the University of Houston, with a Bachelor of Arts degree in Journalism. She received executive management training from the Amos Tuck School of Business Administration, Dartmouth College, through a special program for Houston entrepreneurs. She is an inaugural participant of the West Houston Leadership Institute. Her community activities include serving on Spaulding for Children and the Fifth Ward Enrichment Program board of directors, volunteering at local schools, and speaking at universities. She is a member of Lakewood Church.

To find out more about ConSandra, see www.consandrajones.com.

Speaking Topics

7 Steps to Creating the Life You Want

Your Journey to Wholeness

Finding Self-Esteem and Self-Confidence

Are You A Leader?

7 Steps for an Emerging Leader

The Path to Identifying and Living Your Purpose

The Next Frontier of Career Decisions

Healthy Leader = Healthy Business

Contact ConSandra to schedule her for your upcoming event by emailing consandra@consandrajones.com or call 713.334.0200 today!

KOINONIA PUBLISHING PRESS RELEASE

FOR IMMEDIATE RELEASE

January 2000

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HOUSTON AUTHOR, CONSANDRA JONES, INVITES READER ON
A JOURNEY BACK TO ME

Readers will find an exciting new voice emerging when they read the powerful, inspirational and encouraging book by ConSandra Jones.

A Journey Back to Me is an empowering narrative that teaches those who are experiencing and have been broken by pain how to get back to their "true selves".

Travel with her through trials and triumphs as she comes full circle back to who she really is: a strong woman, an accomplished professional, and a business leader. Her compelling work illuminates some of life's simple truths:

- Loving yourself means taking care of your self.
- Do not depend on others as a source of your happiness.
- Faith enables us to dream to do the unimaginable.

ConSandra is a Houston-based author and successful businesswoman. A native of Camden, Arkansas, ConSandra is President of Business Strategics, a management consulting and professional development firm based in Houston, Texas. She has also founded Koinonia Publishing, Inc., publisher of *A Journey Back to Me*. Jones is also founder and former President of a Houston-based staffing firm with an established client base of Fortune 100 firms. She is also a strong believer in achievement through higher education, providing career counseling for numerous students and professionals through counseling at universities and support associates of the staffing firm. In addition, Ms. Jones is an active member of Brookhollow Baptist Church, The Church Without Walls, her pastor, Dr. Ralph Douglas West wrote the foreword for her book.

ConSandra's combined personal and professional experiences over the last seventeen years has given her a unique perspective, enabling her to write this spiritual guide to wholeness through faith. The life-transforming book of self discovery is destined to become a major seller, touching the lives of everyone who embarks on *A Journey Back to Me*.

For more information or to request a review copy, contact ConSandra at 713.334.0200 or consandra@koinoniapublishing.com.

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KOINONIA PUBLISHING PRESS RELEASE

FOR IMMEDIATE RELEASE

December 15, 2005

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WISDOM FOR THE JOURNEY

Houston-based author releases second book at her Alma Mater

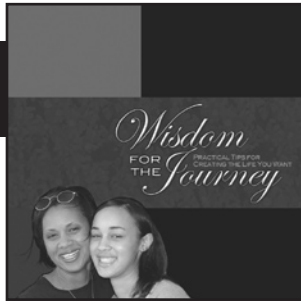
Houston, TX – ConSandra Jones has some surprising messages about this journey we call life and tells all in her second book, *Wisdom for the Journey, Practical Tips for Creating the Life You Want*. This Houston-based author, a graduate of The University of Houston, will release *Wisdom for the Journey*, Sunday, December 18, 2005 from 1p.m. to 3p.m., at The University of Houston Alumni Center, 3100 Cullen Blvd. Since the publication of her first book, *A Journey Back to Me*, in 2000, Jones has attracted a national audience with her straight talk approach to finding sanity in periods of intense stress. Written to inspire readers personally, professionally and spiritually, Jones coaches you through a motivating and daily devotional experience that propels you into your destiny and purpose.

Wisdom for the Journey is a day-by-day survival handbook for those individuals dealing with graduation, career transition, illness, divorce, and other twists in their journey. ConSandra's quiet, more introspective insights from her first book are amplified in the second for the loud roar of life's extreme changes. Her casual conversational style allows her to meet readers right where they are and help them navigate through the concepts of purpose and destiny. In her new, bite-size, spiritual "map quest", she piques readers' interest with "7 Steps to Creating the Life We Want" and provides robust reflections about life's practical solutions and reminders, such as, "Never let go of your dreams," and "Just keep getting up again." Visit www.koinoniapublishing.com for more information and book excerpts.

ABOUT THE AUTHOR:

ConSandra Jones is a mother, author, guest speaker, and entrepreneur who advocates a no-holds barred, full throttle focus on our decision-making and how it steers our private and professional goals. Woven from the colorful spins of her own life, ConSandra Jones coaches us to hang tough, and even find comfort while standing strong in the middle of life's challenges – those big-deal, real-life, not-going-away, extreme life transitions. Visit www.consandrajones.com for more specific information.

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FACT SHEET

ConSandra Jones' second book, *Wisdom for the Journey, Practical Tips for Creating the Life You Want* was originally written for her daughter as a high school graduation gift. Many pearls of wisdom were passed down from her own mother. ConSandra tells the lessons and timeless wisdom in a candid way that everyone can relate to. It is written for anyone experiencing transition: females, males, teens transitioning into adulthood, and adults managing change. ConSandra meets the reader where they are and walks with them into the life they want to create, "the good life". During this journey, you'll find "7 Steps to Creating The Life We Want" and learn classic, empowering Life Lessons such as, "Never let go of your dreams," and "Just keep getting up again."

Hometown: Houston, Texas

Title: *Wisdom for the Journey, Practical Tips for Creating the Life You Want*

Publish Date: December 2005

ISBN: 0-9676490-1-3

Size: 7 x 7, 92 pages

Publisher: Koinonia Publishing, Inc.
P.O. Box 542021
Houston, TX 77254-2021
Phone: 713.334.0200

Genre: Inspirational. Self-Care. Self-Improvement. Success.

Point of Note: Jones outlines a plan that will help the reader create the life they want based on a foundation of self-esteem, spirituality, destiny & purpose, values, and career & business principles.

Additional Data: Writer, entrepreneur, and mother ConSandra Jones has a background in career management, staffing, and marketing communications. Jones also coaches individuals and facilitates group seminars.

Wisdom for the Journey PRACTICAL TIPS FOR CREATING THE LIFE YOU WANT

TABLE OF CONTENTS:

Acknowledgments
A Letter to My Daughter
The Parable
How Do We Create the Life We Want?
7 Steps to Creating the Life We Want
How to Use Wisdom for the Journey
Please Obey Path Rules
Who am I? Who am I created to be? Self-Esteem
What do I believe in? Spirituality
Where am I going? Where do I fit in? When will I get there? Destiny & Purpose
How will I get there? Personal Philosophy
What is important to you? Values
Why are these things important? Career & Business
The Worthy Woman
Final Words
Introduction to the Series
A Salute to Houston Women
Special Thanks
About the Author

“How Do We Create The Life We Want?”

“... Now is the time to decide what the ‘good life’ looks like for you. As we start this new phase of your journey, let’s begin looking within ourselves ... who we are, where we are, then consider where we would like to be. As we travel this journey we call life, even the best of plans may not turn out as expected. In the busyness of daily life have you taken the time to consider what you want to experience or are you building your dreams from what you see in others’ lives?”

- Are you graduating from high school, college, or from the school of hard knocks?
- Are you transitioning into adulthood or into another phase of life?
- Are you facing a new life because of changes in work, relationships, finances, or emotions?

If you’ve answered yes to any of these questions ... you’re a candidate to travel along with us into a new life.”

