



Tonya M. Jones, M.Ed.
Professional Speaker | Educator

1. ABANDONING ANGER

Keynote Address, Lecture, & Workshop

An inspirational discussion based on her personal struggle with anger. This talk is for anyone who can identify with unhealed childhood pain, which can result in destructive behavior throughout adulthood. Drawing on her experience as a professor of psychology Tonya will share:

- How she overcame a life driven by anger
- Four styles of displaying anger and how to manage your style
- How Tonya learned to forgive in preparation for her weight loss journey

2. COUNTING THE COST OF OBESITY

Keynote Address, Lecture, & Workshop

America is currently experiencing an obesity crisis and African American women are leading the epidemic. In a powerful speech, Tonya explores four reasons why many African American women are overweight and obese, as well as, strategies to decrease the epidemic within the African American community.

- Her weight loss journey
- Weight loss stories of other African American women
- Identify cultural barriers and obstacles to weight loss
- Move beyond emotional resistance and self doubt

- Build your team and support system
- Learn how morning workouts and healthy food choices can expedite weight loss

3. THINGS I WISH YOU KNEW

Keynote Address & Lecture Only

In a fascinating speech for personal trainers, group fitness instructors, nutritionists, physicians, psychologists, and life coaches; drawing on the lessons she learned on her weight loss journey and her experience as a group fitness instructor, Tonya will share:

- Lesson 1-Do you believe in me? The story of why Tonya stopped working with a personal trainer who did not believe she could reach her goal
- Lesson 2-Fear of failure and success is real
- Lesson 3-There is nothing you can't do: The power of affirmations & positive self-talk
- Lesson 4-Reverse discrimination toward fit and healthy is real

4. BALANCING CAREER & HEALTHY LIVING

Keynote Address, Lecture, & Workshop

This is for anyone who has ever said, "I don't have time to exercise or lose weight."

- Tonya's personal story of losing weight while working full time
- Identifying internal and external barriers
- Simple strategies to incorporate healthy eating and exercise into your life
- Learn how exercise and healthy eating can reduce stress

5. EATING STRATEGICALLY*

Lecture & Workshop Only

Tonya mastered healthy and enjoyable eating during her weight loss journey. Drawing on her experience as an educator; Tonya will teach participants:

- The truth about serving sizes
- The power of planning to achieve weight loss
- Identify cravings and evaluate eating habits
- Identify foods that cut body fat and make you feel more satisfied
- Healthy snacks and recipes
- Tips for eating out

***This workshop can include an educational tour of a grocery store or restaurant.**

6. SPEAK UP: EATING OUT & EATING HEALTHY*

Lecture & Workshop Only

In an informative speech, Tonya shares the lessons she learned from interviewing restaurant owners and managers.

- Lesson 1 – Not all restaurants are best for individuals on a weight loss journey. Learn how to make a wise and healthy choice.

- Lesson 2-Your voice is an asset: Ask for what you need and want

- Lesson 3-The big surprise: you can eat out and lose/maintain a healthy weight

***This workshop can include an educational visit to a restaurant.**

7. WE ARE ONE: FACES OF OBESITY

Lecture Only

During her 2007 Health & Fitness Expo men and women trusted Tonya to tell their weight loss stories. In a panel discussion or lecture facilitated by Tonya, she will share her remarkable weight loss story with:

- A mother of three who overcame a dieter's mentality

- A weight loss professional who struggled with childhood obesity and has maintained a healthy weight for over thirty years

- A pastor's journey to shed over 130lbs from his 400lb body

8. SLIM DOWN TO IT...FASHION TIPS FOR WOMEN ON A WEIGHT LOSS JOURNEY

Lecture & Workshop Only

Women invest a tremendous amount of money on their wardrobe. Letting go of clothes is challenging. However, with a creative action plan you can build a new and more vibrant wardrobe to accommodate your shrinking waist line without breaking the bank. In an informative and humorous lecture/workshop Tonya will share:

- Personal shopping and fashion tips based on her dropping seven dress sizes and two shoe sizes

- Are you a pear, apple, or rectangle? Learn to dress for your body type.

- Strategies to slim down to your next smallest dress size

- Recreating a new sense of style on a budget

9. THE SECRET: THE TRUE SOURCE OF SUCCESS

Keynote Address & Lecture*

Throughout her weight loss journey, many people asked Tonya, "What is your secret?" In a transparent speech, Tonya will share how the following ensured her weight loss and life transformation:

- Daily prayer & commitment to Christianity
- Joining Weight Watchers
- Hiring a personal trainer who specialized in sports performance and body sculpting
- Discovering the joy of exercise
- Working with a psychologist
- Securing support from family and friends

***Lecture can include members of the team who supported Tonya during her weight loss journey.**

10. I AM NOT MY WEIGHT: MAINTAINING YOUR WEIGHT

Keynote, Lecture, & Workshop

In a motivational presentation, Tonya equips listeners to make the switch from weight loss to weight maintenance. She also explores obstacles that may influence weight gain during the weight maintenance phase.

- Her personal story of modifying her behavior upon reaching her weight loss goal
- Strategies to handle saboteurs
- Overcoming fear of weight gain
- Exercise tips for weight maintenance
- Embracing new challenges to ensure long term weight maintenance and health



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