

Resilience & Leadership Speaker

CeeJay is a resilience and leadership speaker whose journey through profound adversity has shaped a powerful message on purpose, wellness and overcoming life's challenges.

CeeJay speaks on resilience, leadership, mental wellness and athlete brain health awareness, bringing impactful conversations to corporations, colleges, women's groups and organizations navigating high-pressure environments.

Her message empowers audiences to move forward through adversity with resilience, courage and renewed purpose.



She is also founder of the David D. Jones Legacy Foundation, created in honor of her late brother, former LA Raiders tight end David D. Jones, to raise awareness about athlete brain health and mental wellness. Featured on Fox5 Las Vegas and KTNV Channel 13 Action News discussing resilience, CTE, athlete brain health and mental wellness.

SIGNATURE TOPICS

- ✓ Resilience Under Pressure: How to Keep Going When Life Hits Hard
- ✓ Leading Through Adversity: Focus, Resilience & Forward Motion
- ✓ Athlete Brain Health & the Hidden Cost of Pressure
- ✓ The Power of Purpose: Turning Pain Into Impact
- ✓ Mental & Emotional Wellness in High–Stress Environments
- ✓ Reinvention After Setbacks: Rebuilding Purpose, Confidence & Momentum