

Jason T. MAHONEY

The Motivator

- Motivational Speaker
- Best Selling Author
- National Certified Trainer
- Certified Motivational Coach



#GETMOTIVATED

Media Kit

Motivating People To Motivate People

Meet Jason

Jason T. Mahoney was born to stir up the gift in everyone he encounters, and it is for this reason he is considered “**The Motivator**”. He is a highly, sought-after Motivational Speaker, Best-selling Author, Workshop Facilitator, and Life Coach. Jason’s high energy and straight-from-the-heart passion motivates audiences to step beyond their limitations and into their greatness.

Jason stands out as a triple threat. He has delivered keynote addresses, presentations, and seminars to a host of audiences to include business associations, corporations, churches, community organizations, social groups, and human services professionals across the country. Jason’s energetic style is infectious and relatable. He is a master storyteller and connects with audiences through the perfect blend of humor, content, inspiration, and relevant principles to help each individual. Speaking to a range of audiences as small as five and extending past 500, he believes that motivated people produce results; they can change, grow, and fulfill their personal and professional goals. Jason has the ability to use his charismatic poetic & theatrical talents to enforce a message that leaves audiences standing on their feet and ready to take control of their destinies.



He has an inspiring personal story of overcoming low self-esteem after being a victim of bullying and through his experiences as a student that had many academic challenges. His story is one that will inform you, inspire you, and transform you. His desire is that all people, no matter what their circumstances are, achieve their dreams, experience self-love, and have a fulfilled life.

Jason has been featured in *The Artise Magazine*, *The Triangle Tribune*, and *The Carolina Times* for his work as an author, speaker and community philanthropist. He has also been an invited guest on the “The Positivity Push” 103.5, WCOM FM and The BIG DM, 103.3 FM Radio Shows. Jason has also been featured as the announcer for the “After the I Do’s” televised Game Show.

Jason has worked in the Health and Human Services field for more than 15 years in Child Welfare, Behavioral Health, Domestic Violence, and Homeless Services. He holds a Bachelor of Science Degree in Sociology and a Master of Science Degree in Counseling. He is credentialed as a Qualified Mental Health Professional, Certified Motivational Coach, Certified Trauma Coach, Darkness to Light Facilitator, Alliance Trust National Certified Trainer, Certified Visitation Coach and Certified Family Wellness Instructor. Jason is the recipient of numerous awards, and the author of Amazon best seller, *Letters To Our Brothers*. He is also the author of *Four Faces of a Revolution*, *Tried In The Fire*, and *Edification On The Go*.

Jason is committed to motivating individuals and providing them with the tools they need to become the change they wish to see. It is his motivating approach that has individuals feeling empowered to take back control of their lives.

The Motivator

Previous Speaking Engagements

Jason has delivered presentations, seminars, trainings, and keynote address speeches to business associations, corporations, churches, community organizations, social groups, and human services professionals across the country. Speaking to audiences as small as 5 to greater than 500, he has been able to leave them motivated to obtain their life's goals. Below are a few of the events he has presented at the past few years.



Regional IV Headstart Conference, Atlanta, GA
Catholic Charities of the Diocese of Raleigh, Raleigh, NC
Wake County Board of Commissioners Meeting, Raleigh, NC
Jobs For Life, Raleigh, NC

Catholic Charities, Raleigh, NC
North Carolina Agricultural & Technical University, Greensboro, NC
Shaw Heights Elementary School, Shaw AFB, SC
ReConstruction Brother Empowerment, Durham, NC
North Carolina Fatherhood Conference, Raleigh, NC
Wake Technical College, Raleigh, NC
North Carolina Social Services Institute, Raleigh, NC
North Carolina Fatherhood Legislative Breakfast, Raleigh, NC
Future Business Leaders of America National Conference, Orlando, FL
Shaw University Department of Social Work, Raleigh, NC
Phi Phi Chapter of Chi Eta Phi Sorority, Inc. Sumter, SC
St. Augustine School of Social & Behavioral Sciences, Raleigh, NC

Raleigh Rescue Mission, Raleigh, NC
Wake County Public School System, Raleigh, NC

AMI KIDS, Inc. Raleigh, NC
Hands of Protection, NC, Raleigh, NC
Artisian, LLC, Raleigh, NC

Sumter District AME Church Lay Prayer Breakfast, Woodrow, SC

Eastern District Sunday School Conference, Raleigh, NC
St. Paul AME Church, Smithfield, NC

Bryant Chapel AME Zion Church, Cover City, NC
United Bible Way Church, Lancaster, SC

Accelerated Men, Inc., Raleigh, NC
Breaking Barriers, Catching Hope, Raleigh, NC
Ford's Exchange Services, Atlanta, GA

Your Voice Matters, Raleigh, NC
Love Is A Parable, Raleigh, NC

Authors And Art, Raleigh, NC
Atwork Employment Agency, Knightdale, NC
Mt. Olive AME Church, Woodrow, SC



“When others do nothing, you do something”

Jason T. Mahoney

Jobs For Life Graduation, Spring 2018

Professional Development/Trainings/Workshops

Below are descriptions of my most popular training topics. Organizations can also create their own customized training sessions by combining elements from any of these topics to meet their specific needs. All trainings/workshops are facilitated face to face or virtually utilizing evidenced- based and/or evidenced informed curriculum. **Certifications, Contacts Hours, and CEUs are provided based on workshop/training type.**



Trauma 101

This training explores the effects of trauma, different types of trauma, and how to provide trauma-informed care. Participants can expect to learn how trauma affects the brain, how to assess for trauma, and ways to build resiliency. This training is beneficial for professionals and lay persons assisting people who have experienced severe traumas.

Adverse Childhood Experiences (ACEs) Overview

Adverse childhood experiences—commonly known as ACEs—affect children and families across all communities. ACEs can impact kids’ health and well-being, and they can have long-term effects on adults’ health and wellness. They can even have consequences that affect entire families, communities, and our whole society. Thankfully, ACEs are preventable. This training will help you understand, recognize, and prevent ACEs. You’ll learn about risk and protective factors, outcomes associated with ACEs, and evidence-based strategies you can use to reduce or eliminate the impact of ACEs and stop them from occurring in the first place.



Strengthening Families Framework

The Strengthening Families Framework is a research-based, cost-effective framework developed by the Center for the Study of Social Policy over the last decade to increase family strengths, enhance child development and reduce child abuse and neglect. This approach helps child welfare systems, early education, prevention organizations and other programs work with parents to build five protective factors that, when present, increase the overall well-being of children and families. Protective factors are attributes that serve as buffers, helping parents who might otherwise be at risk of abusing their children to find resources, supports, or coping strategies that allow them to parent effectively, even under stress.

Child Sexual Abuse Prevention (Darkness To Light)

Darkness to Light is an adult-focused child sexual abuse prevention training program. The training aims to educate adults to prevent, recognize, and react responsibly. The training groups had higher knowledge scores for measures of child sexual abuse and a greater increase in prevention behaviors compared to the waitlist control group. This program’s rating is based on evidence that includes at least one high-quality randomized controlled trial.



Train The Facilitator

This training provides facilitators and trainers the skills to plan, guide and manage a group event to ensure that the group’s objectives are met effectively.

Author

Every human being has goals and dreams they wish to obtain regardless of their life's situation. And they will also face adverse situations causing them to question the essence of their existence. However, they must stay focused and obtain the tools needed to push ahead. Those tools can be found in the listed books. These powerful books have the ability to challenge you, empower you, and shift your mindset so that you can live a happier and healthier life.

Letters To Our Brothers

Meet 44 authentic Black Men who have shared words of perseverance, wisdom, hope, and achievement. The writings will cultivate a deeper sense of self-worth, build character, and set a standard of living for every black male, in whose hands it is placed.

Tried In the Fire

Tried In The Fire is a collection of trauma narratives, poetry, and self-help techniques that will provide you with the opportunity to assess own your story and acquire new skills that will empower you.

Four Faces of a Revolution Spoken Word CD

Four Faces of a Revolution is a collection of poetry and prose that reveal thoughts of joy, anger, freedom, humor, love, confusion, and self-awareness. The writings can provoke one to assess their own existence; forcing them to deal with life's perplexities. Featuring International Recording Arts Marcel Anderson and Poet Nicole D. Campbell

Four Faces of a Revolution

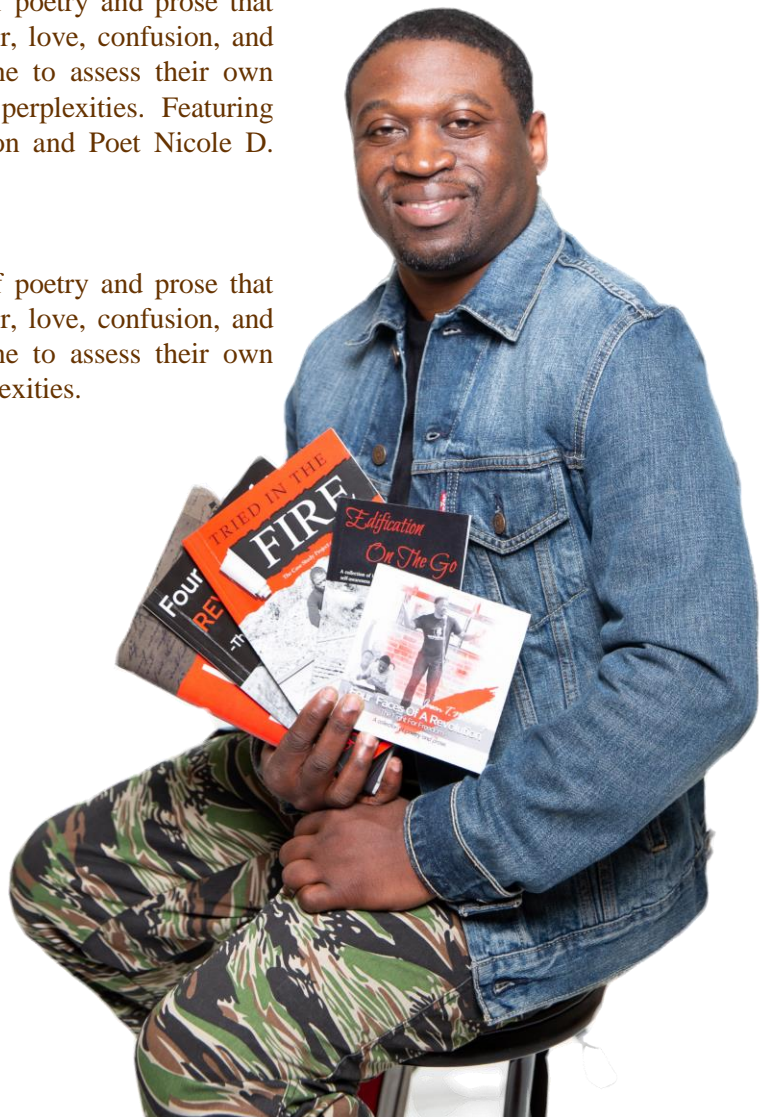
Four Faces of a Revolution is a collection of poetry and prose that reveal thoughts of joy, anger, freedom, humor, love, confusion, and self-awareness. The writings can provoke one to assess their own existence; forcing them to deal with life's perplexities.

“What I have learned from all of the difficulties in my own life is that human beings are courageous, and they never give up.

*I call that our **MOTIVATION**, our most powerful tool in life.*

Motivation is the key to everything we desire in life. It is our raincoat, our spare tire, our connection line that assures if we just keeping moving forward,

one day; our dreams will become our reality”.



Testimonies of Impact

"When you talked about the Eagle, something broke inside of me and all I could do was cry. From that day I decided to "Soar". And now I have my own house, a good job, and life is going good for me"

**-Jobs for Life Graduate
Raleigh, NC**

"Thank you for helping me to realize my story is important"

**-9/11 Survivor
New York, NY**

"Because of you and your coaching my Group Home passed the audit and is still open"

**-Group Home Owner/Administrator
Zebulon, NC**

"The Leadership Training was amazing. Our business has shifted. The Managers are doing an amazing job. Our business has grown"

**-Agency Director
Washington, DC**

"I was not engaged and did not want to be at the workshop, but you engaged me. I listened to what you shared with me about being the "Future". I ended up graduating and landed a great job. I am also in Graduated School for my MSW. You challenged me and I thank you for that"

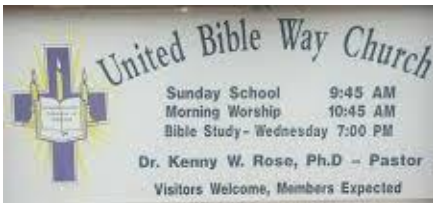
**-College Student , Shaw University
Raleigh, NC**

"The Church Leadership Training was amazing. Our ministry has shifted. The Auxiliary Leaders/Heads are doing an amazing job. Our membership has grown".

**-Pastor
Charlotte, NC**



Partners



"Because life is a PROCESS and the PLACE is wherever you are in it."



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