



## HON. JANET AUTHERINE JAMES MAHON

AUTHOR. TEACHER. SPEAKER. MENTOR

FOUNDER OF THE GROWING INTO GREATNESS COMMUNITY

### BIO

“Greatness is finding your natural talent, fueling it with passion, planting it in well-nourished soil, and toiling in the garden until it breaks through the earth and reaches for the stars.” Janet Autherine

Janet has a heart for storytelling and empowerment. She uses her extraordinary immigrant journey (from humble beginnings in Jamaica to a respected attorney, author and administrative law judge) to inspire others to embrace their unique journey, and grow into greatness.

She is the author of 5 books, including Growing into Greatness with God: 7 Paths to Greatness for our Sons & Daughters (youth), How to Use the Transformational Power of Mindfulness to Create an Abundant Life (empowerment) and the Heart and Soul of Black Women (poetry). Her books are available on Amazon.

### SPEAKER TOPICS

*“Janet is warm, engaging and results driven speaker who perfectly tailors her presentations to each audience.”*

- Mindfulness for High Achievers: How to Use the Transformational Power of Mindfulness to Create an Abundant Life.
- Growing into Greatness - 10 Tenets for Exponential Growth
- Conflict Resolution: Harnessing the Power of Emotional Intelligence & Mindfulness to Achieve Peaceful Resolutions

#### COURSE: ISLAND MINDFUL MASTERY

<https://janet-autherine-learning.thinkific.com/courses/mindful-mastery-a-transformative-journey>

### CONTACT

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### COLLABORATE

#### TEACHING

- Events. Conferences. Educational Institutions
- Individual and Group Coaching
- Mentorship initiatives