

DEVIN JONES

Self Love Coach





About

Devin Jones is an **International Women's Self Love Coach, speaker and creator of the popular self-love program *Sacred*.**

After living as her own worst critic for over a decade and nearly ruining her marriage as a result, Devin learned the healing power of self love, stepped out of a toxic religious community, revitalized her relationship and became a self-love coach to teach others how to do the same.

Now, through her coaching and signature programs, Devin shows women how to heal themselves, find their power, reprogram their minds, and liberate themselves through the transformational power of self love.

Devin's work is informed by positive psychology, mystic spirituality, feminism, somatic experiencing and conscious decolonization.

Devin received her education & coaching training here:



Podcast Interview Topics!

Sacred Self-Love

#1: From Self-Hate to Self-Love

Even as a high-achiever, Stanford graduate & successful coach, for over a decade, I lived my life as my own worst critic. My self-hatred went so deep that it nearly destroyed my marriage only 6-months in. Then, I had a spiritual awakening at a retreat in the mountains of Southern California and I began deep self-love healing. Through learning self-love I healed years of religious conditioning, repaired my marriage, and experienced transformation in every area of my life.

#2: The 7 Sacred Pillars of Self-Love

After spending 5 years learning the healing power of self-love through hypnosis, spirituality, mindfulness, coaching, body-work, and self-exploration, I created a 7-Pillar system to self-love. The SACRED pillars are Compassion, Affection, Reverence, Validation, Trust, Sovereignty and Radiance. I can share on these pillars and practical steps to embody them in your life.

#3 : Is Self-Love Selfish

Many people fear leaning into self-love because it goes against their programming that says "put yourself last" or "good people are selfless". Many also worry they will become (or be perceived) as selfish if they truly love themselves. After experiencing the relationship healing that comes through self-love, I can share how self-love is not selfish, but in fact the best gift you can give to those you love.

#4: Making the unconscious, conscious - The Power of Metacognition

Humans have the incredible power of metacognition--the ability to witness their own thoughts. When I learned this and realized that I am not my thoughts, I am the observer of my thoughts, it changed everything for me.

I teach my clients to "make the unconscious conscious" and reprogram their inner dialogue from one of criticism to one of kindness. I show them the power they have over their minds and the narrative they're telling themselves. When they do this, they stop verbally abusing themselves, and instead love themselves into the growth and change they've been long trying to to attain.

#5: Recovering from Religious Trauma and Purity Culture

After growing up in a religious context that taught that people are "wretches" and "sinners", it's no surprise that I lived with a deep seated self-hatred. I also was taught to hate my body and sexual desire and therefore dissociated with it for years. After spending years sexually numb, self-love and spiritual deconstruction helped me to come home to my body and heal from years of purity culture religious programming. I can share the process of healing purity culture trauma and how sexuality and self-love is a spiritual act.

Spirituality + Mindfulness

Featured

Devin Jones has been a featured coach or speaker with these brands:

Girl Scouts, USA

WikiHow (Featured Coach)

Girls In Tech

United Way

The YMCA

United Service Organizations

(Keynote Speaker for Military Spouse Conference)

Click to listen to Devin's Interviews on these podcasts:

[The Illuminated Woman](#)

[The Purdy Girl Podcast](#)



THE STATS

Devin has a highly-engaged niche audience:

Instagram: 1.6K

85% women / 15% men

56% ages 25-34

34% ages 35-44

77% in the USA

While Devin's audience is small, it is mighty. She averages 200 views on her stories and nearly 1000 views on each post with high engagement (likes and comments). **Her community is highly engaged and pays attention to the work, interviews, and content she creates.** Through working with Devin, she will share your content/platform in a heart-centered way as well.

SACRED: Her signature program on the 7 Pillars of Self-Love

Devin teaches on these 7 pillars to help women manifest deep self-love in their hearts and heal their lives from within :

Compassion

Affection

Reverence

Validation

Trust

Sovereignty

Radiance

Client Success Stories



"I had been in therapy for years and worked with many coaches and I had written it off because I was let down by a lot of people in the field. But I trusted my instincts with Devin...and I'm so glad I did."

Devin helped me heal my relationship with myself as well as begin trusting other women and letting myself be seen by another woman. Which was a wound that I didn't even know how desperately that needed to be healed.

- Tami Amanda, LCSW and Women's Embodiment Coach



"I had an aching, lonely, and closed heart...now, I am receptive to love"

Coaching with Devin allowed me to see myself with more clarity than I've ever been able to do before. I could see how everything in my life was reflective of how I felt about myself. My journey through self-love, compassion, and acceptance was transformative. I feel grounded and at home within myself, and I am able to access this with ease.

- Amanda P.



From struggling in her business, to finding her confidence, and increasing her income!

I really found the courage and the resilience with Devin's help to continue going. I started making more money than I've ever made in a month which is crazy and I just have not only the financial stability but a greater sense of self. I think that's really really important. I highly recommend her. Do yourself a favor and give yourself time to work with her. I promise you won't regret it.

- Gianna B.



Learned how to overcome self-limiting beliefs and become the woman she was born to be

After working with her, I have a completely different relationship with self limiting beliefs. I am walking the doula path with confidence, grace and determinism. Because of my time working with Devin, I am creating my soul career and I am becoming the woman I always knew I could be.

- Katie M.

Read more client success stories [here](#).



We would love to partner with you!

Please reach out if you feel Devin's work and expertise would add value to your brand, podcast or event. Thank you!

- Devin Jones and Team

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