

Meet Cindy Henson, author of
Jungle: A Journey to Peace, Purpose, and Freedom



Cindy Henson, the Chief Executive Officer of Henson Consulting Group, is a dynamic leader with deep experience in designing and implementing collaborative and innovative systems to quickly achieve results within large organizations.

She brings strong knowledge in developing and executing strategic plans, motivating, and directing executive and management teams of employees, suppliers, clients, and community citizens across diverse ethnic cultures to achieve stated goals. She also possesses over three decades of experience within corporations, local government agencies, and non-profits as a business executive and an independent consultant.

Specializing in executive coaching, board development, change management and large-scale project implementation, Cindy has a proven track record at guiding executives to articulate their

vision, aligning employees and providing practical tools for successful implementation that is sustainable beyond the Executive Coaching contract.

Cindy is the author of the Amazon best-selling book, *Jungle: A Journey to Peace, Purpose, and Freedom* is much like Elizabeth Gilbert's *Eat Pray Love*—except for the corporate leader. Nearly two decades into her corporate career, Henson was awakened to a lifelong addiction to overworking and “taking one for the team” by a debilitating illness, which led her to the jungle of Costa Rica to pursue a master's degree in International Peace and Conflict Studies from the United Nations-Affiliated, University for Peace. In her renewed approach to life, she integrates laughter, adventure, generosity, and love into all that she does—at work and in her personal life. She shares how nearly everyone can discover and authentically express their natural gifts and talents so that the world is continually transformed, as well.

In *Jungle*, Cindy introduces 7 Principles to Peace, Purpose & Freedom—the manifesto by which she approaches all aspects of life. She also speaks on these principles which are:

1. Tap into Your Fun Quotient!
2. Resolve Past Issues and Release Your Brain Power!
3. Discover what Juices You—and Pursue It!
4. Activate Your Learning Gene!
5. See Your Colleagues Bigger Than They See Themselves!
6. Move into Action!
7. Choose to be Unstoppable!



Additionally, she addresses work-life balance, career change & transformation and heart-centered leadership, and more in her keynotes. She has spoken at the following events:

California Association of Local
Agency Formation Commissions
"Good Performance Reviews are
Possible," October 2014
"Board Strategic Planning,"
February 2011

California Redevelopment Association
"Administrative Excellence" 2008
"Board Strategic Planning,"
November 2009

League of California Cities
"Whether You Think Change is
Possible or NOT - You're Right!,"
September 2014
Best Best & Kreiger

"Problem Solving with a Focus"
March 2007
"Annual Reboot and Reconnect"
November 2013

International Society for
Pharmaceutical Engineering (ISPE)
"Be the Problem Solver" November
2003

Unity Worldwide Ministries
"Board Members - From Effective
Leaders to Role Models" November
2008

Smith Barney
"Success & Significance" August
2006

Her clientele include: AT&T, General Dynamics, Colibri, RSG, Andrews Lagasse Branch & Bell LLP, Toastmasters International, San Diego Community College District, the University of San Diego, County of San Diego, City of La Quinta, Sunline Transit Agency, the YMCA, the Association for Community Housing Solutions (TACHS), Unity Worldwide Ministries, and many more.

For more information, visit Ms. Henson's website, Henson Consulting Group, www.hensonconsultinggroup.com. She can be reached at: 858-248-7701.