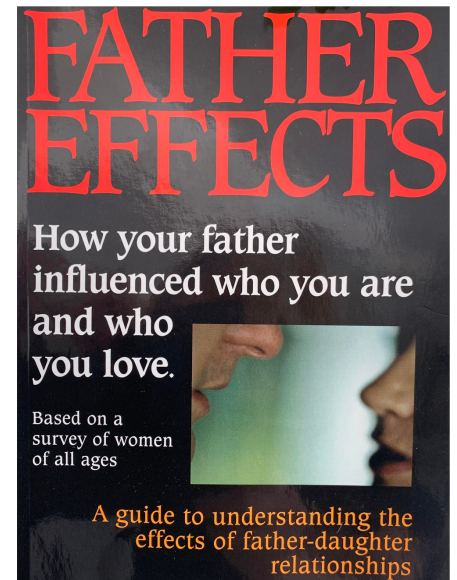


ABOUT SHARI



“For as long as I can remember, my passion has been Personal Development and Relationships. I’ve always believed that you are not your genetics, nor your environment. You can become whatever and whoever you want. My unconventional childhood and adulthood drove me to discover that we can change what we don’t like. We just need to believe that it’s possible. My education has been in the helping profession, with 2 degrees; a BA in Psychology and a Masters in Human Relations and Family Life Education, both from McGill University in Montreal, Canada. During those years, I was employed as a Facilitator in a program where I worked with parents and their children, ages 3 months to 3 years.

After I graduated, my first published book, “Father Effects: How Your Father Influenced Who You Are and Who You Love, focused on how women’s self-esteem and relationship choices are impacted by their fathers.” Then I became a Mom and it was the most important job of my life. I raised 2 children, who are now young adults, and I am incredibly proud of both. They are gritty, confident, self-aware; the attributes that I knew they would need to thrive. Over the past few years, even before the Pandemic, I noticed that there was a shocking trend developing in children; the emergence of anxiety and depression. How and why was this happening? What has changed since I was a kid? When did nervous become anxious? When did fear turn into panic? My new mission was ignited, and I am determined to help parents teach their young children what they need most to avoid this “social disease”.



I wrote, “My Roots and My Wings” as the antidote to preventing Anxiety because I believe that if parents can teach their children the roots of what matters most; self-awareness, self-confidence, respect, compassion, communication, and so on, when these children are ready to go out into the world, they will be so empowered, they will soar. The future lies in our children’s hands. Their future lies in their own sense of self and the world around them. My mantra is, if a child knows who they are and they like who they are, they won’t want to be like anyone else. My dream is to help parents navigate the challenging road map of raising their little adults, because one thing that remains unchanged, it still takes a village.

SHARI'S PODCAST



SOCIAL MEDIA

TikTok: [@sharijonaslifefx](#)

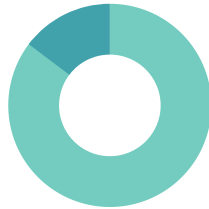
Instagram: [@sharijonaslifefx](#)

Pinterest: [@sharijonaslifefx](#)

TikTok

107.2K
FOLLOWERS

605.9K
LIKES



58%
USA

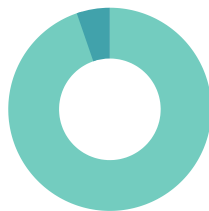


91.9%
FEMALE

Pinterest

7.6K
FOLLOWERS

690K
MONTHLY VIEWS



78.9%
USA



85.5%
FEMALE

Instagram

350
FOLLOWERS

9.4K
MONTHLY REACH



40%
25-34



59.1%
FEMALE

IN THE NEWS...

Expert Reveals the 2 Types of Children & the Right Way to Discipline Each One

<https://centralrecorder.com/expert-reveals-the-two-types-of-child-the-right-way-to-discipline-each-one-and-what-happens-when-you-get-it-wrong/>

Mom Reveals the Exact 9 Minutes a Day to Talk to Your Kids to Help Them Stay Happy
<https://www.thesun.co.uk/fabulous/15973209/mum-reveals-when-you-should-talk-to-kids/>

Every Child Fits into 2 Types & There's a Specific Way to Talk to Each
<https://www.dailyadvent.com/gb/news/19264b13d6e0b1954556358d86c72c6d-Every-child-fits-into-two-types-and-theres-a-specific-way-to-talk-to-each>



SHARI JONAS

RATES

ENDORSEMENT

One video post about my experience using the product/service— posted to TikTok, Pinterest & Instagram

\$2000

BRAND AFFILIATE

One video post about my experience— posted to TikTok, Pinterest & Instagram + 15% commission on all sales made using a personalized link

\$3000

PRODUCT REVIEW

One video reviewing the product/service— posted to TikTok, Pinterest & Instagram

\$4000

