



J. Lewis III

J. Lewis III is a certified life coach, grief consultant, and motivational speaker who helps people overcome the challenges and traumatic experiences many people face, particularly those who are, like himself, Generation Xers. Lewis has overcome several mental and physical challenges in his own life. One such challenge was the illness and eventual passing of his wife of 18 years. What he learned by dealing with this trauma is how to use negative energy to one's advantage. He uses this knowledge to inform others about discovering their own power and finding a better version of themselves through the challenges they face during difficult times. Lewis focuses on the power of transformation and turning negativity into positive energy to empower people to move forward after adversity.



Through education, certification, affiliations, relationships, and real-world experience, Lewis combines humor and storytelling with practical knowledge. His approach combines his abilities and impacts his audiences by incentivizing them to discover their “newness.” This discovery can lead them to a better version of themselves.

Lewis holds a B.S. degree in communications from Walden University and has over 25 years of experience in the insurance industry. His community activities and passion for teaching and learning have led him to community involvement as a member of the Society of Leadership and Success, the local Austin chapter of Toastmasters, and the Austin chapter of the National Speakers Association (NSA). Lewis is also the proud father of two beautiful daughters.

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