

AUTHOR, BLOGGER, VISIONARY & VICTIM ADVOCATE

Jai



WWW.MATTERSOFMYHEART.COM

ABOUT JAI

"My past does not define me, it refines me."

Jamie Hopkins, also known as Jai (pronounced Jay), is a best-selling author, blogger, radio show host, victim advocate, and visionary. She has over 20 years of professional experience in research, project management, consulting and victim advocacy, both international and domestic.

Holding a dual graduate degree in International Management and MBA, Jai has travelled to Kenya, Tanzania, Uganda, Indonesia and Cambodia to conduct research with government officials and children affected by the worst forms of child labor, including child trafficking. This travel has broadened her senses to different cultures and lifestyles; and has created a deep respect to all mankind, with all ethnicity and backgrounds.

As a survivor of childhood sexual and domestic abuse, Jai founded Matters of My Heart, LLC, an emotional support program for adult survivors of childhood abuse, where she aides in the transition from a place of hurt to emotional healing. The pain of Jai's past has developed into a passion to help others like her, realizing there are people hurting all over the world.

Her focus now is to partner with organizations with similar missions. Jai strongly believes in partnership. **"Together, we can reduce the occurrence of domestic violence and sexual assault in this world!"** As such, Jai partners with the Rape, Abuse & Incest National Network (RAINN), the nation's largest anti-sexual assault organization, where she provides crisis intervention and emotional support to members of the U.S. military who have been affected by sexual assault.

"I will continue the fight to bring awareness to what is done in the dark, expose the ugly truths, and create an environment of healing for the hurt."

Signature "Talk" Topics

When "Never" Happens

What do you do when a "never" happens in your life? Divorce, death, sexual assault, abuse, etc. can cause a lifetime of suffering if untreated. Jai discusses mastering the art of letting go and living on purpose in your new normal.

3 Lies Pain Will Tell You

Emotional pain can rock our souls and causes us to disassociate from society, even family. Jai breaks beyond the myths and lies pain tells us to keep us bound.

****customized talks available for specific events related to personal development****

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