



Renea Jones-Hudson

International Speaker | Retired U.S. Army Captain | Leadership Reintegration Strategist | Doctoral Researcher

About Renea

Renea Jones-Hudson is an international speaker and retired U.S. Army Captain. She served 21.5 years in the U.S. Army, 13 enlisted and 8.5 commissioned. She helps women reclaim their identity, confidence, and leadership through life's most significant transitions. She is a PsyD student, the founder of Beyond the Uniform, and the creator of the OWNIT™ Framework. She has served more than 100 military and veteran women.

Signature Keynotes & Workshops

- **“You Don’t Look Like a Veteran” (Keynote):** The invisible identity crisis facing women after military service.
- **“You’re Not Starting Over. You’re Starting From Experience.” (Keynote or Workshop):** Reclaiming confidence, leadership, and purpose through change.
- **Beyond the Uniform: AI as a Tool for Reinvention (Workshop):** Turning experience into opportunity with practical AI.

Additional Topics

- **From Survival Mode to Strategy: Burnout, Boundaries & Mental Health:** Practical tools for recognizing burnout, setting boundaries, and protecting mental health during and after transition.
- **Hiring Her Is Not Enough: How to Retain and Grow Women Veteran Talent:** What organizations can do to help women veterans feel seen, stay, and lead.
- **Faith, Fortitude & the Fight to Come Back:** How faith and fortitude carry you through the fight to come back.

Where I’ve Spoken

- 3rd Global Women Power Summit on Leadership, LEO International Conferences, Paris, France (March 2025)
- Mental Health Is Wealth Seminar, keynote speaker, I Will Survive, Inc. (November 7, 2025)
- Flourish Media Conference, speaker (2025)
- S.E.R.V.E. Female Veteran Empowerment Summit, host (August 2024)
- Southern Crescent Veterans Day Event, speaker (November 12, 2023)

Formats: Keynotes, half-day seminars, full-day seminars, and private OWNIT™ cohorts for organizations. Rates are shared on request.

As Featured In: WSAV News 3, Authority Magazine, Brainz Magazine, and the Relentless Growth Podcast.

Book Renea

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Website: beyond-the-uniform.com/book-me-to-speak | **Book a call:** calendar.app.google/o83nUo4FhvDuyMHx6