

Renea Jones-Hudson

Transition Coach | Combat Veteran | Podcast Host
Creator of OWNIT Framework



"I coach from the middle — not the mountaintop — so women feel safe to unravel, rebuild, and rise."

Renea Jones-Hudson is a retired U.S. Army Captain, transformational coach, international speaker, and creator of the OWNIT™ Framework — a powerful model helping women in uniform reclaim their voice, identity, and purpose after transition.

With 21 years of military leadership and a personal journey through trauma, silence, and reinvention, she coaches from the middle, not the mountaintop, with earned wisdom and deep compassion.

Through her work with Beyond the Uniform and her podcast Beyond the Uniform - Transition Talks, Renea empowers women to rise boldly and lead without guilt, apology, or permission.

SIGNATURE TOPICS

- ✓ **Beyond the Uniform: Rebuilding Identity After Service:** For women who quietly wonder, "Who am I without the rank?"
- ✓ **From Survival Mode to Strategy: Burnout, Boundaries & Mental Health**
For high-capacity women who are tired of holding it all together.
- ✓ **Faith, Fortitude & the Fight to Come Back:** For audiences who need hope with honesty, not clichés.
- ✓ **AI as Your New Battle Buddy: Practical Tools for Career, Leadership & Life**
For teams who need tech that feels human, not overwhelming.

LET'S CONNECT!

Please feel free to contact me with any concerns or questions.

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🎙 [Podcast: Beyond the Uniform](#)

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