

DR. JADA JONES

Author | Human Performance Practitioner | Cyber Leadership Advisor

BIOGRAPHY



Dr. Jada L. Jones is a United States Army veteran, educator, human performance practitioner, and community advocate with nearly two decades of experience in leadership, cyber operations, and instructional service.

Her military career shaped her commitment to service, responsibility, calm judgment, and helping others grow through moments of pressure and transition.

Her background spans cyber operations, STEM-focused education, leadership development, emotional intelligence, learning science, and neuroscience-informed practice. Through these experiences, Dr. Jones recognized the importance of helping individuals bridge the gap between knowledge and real-world application, especially during stress, conflict, and uncertainty.

Today, she partners with nonprofit organizations, educational institutions, and community groups to support self-leadership, healthy learning environments, and sustainable growth. Her work focuses on helping people interrupt unproductive patterns, regulate under pressure, and respond with clarity, purpose, and intention.

Rooted in service, education, and community impact, Dr. Jones views this work as a lifelong calling.