

Jones Loflin

Keynote Speaker | Leadership Development | Time Management | Navigating Change

Helping leaders and teams cut through distractions, clarify priorities, and overcome overload so they can focus on what drives results.



Meet Jones Loflin

Jones Loflin helps leaders and teams cut through distractions, overcome overload, clarify priorities, and focus on the right work at the right time. He specializes in leadership development, time management, and change management. With more than 30 years of experience, he has worked with organizations such as FedEx, Choice Hotels, Fidelity Investments, and the U.S. military. A keynote speaker, real-life beekeeper, and author of multiple books including *Juggling Elephants*, Jones is known for practical insights, memorable metaphors, and presentations that audiences remember and use.

More About Jones

Jones Loflin helps individuals, leaders, and teams cut through distractions, clarify priorities, and reduce burnout and overload. He specializes in leadership development, time management, and navigating change. His messages equip organizations to stay aligned, productive, and focused on what drives results.

A keynote speaker, real-life beekeeper, and author of multiple books including *Focused As A Bee*, *Juggling Elephants*, and *Always Growing*, Jones uses familiar, visual metaphors—like the structure of a hive, role of a ringmaster, or the skills of a gardener—to make complex decisions easier to understand and apply. His sessions move beyond simply offering ideas. They give people a clear way to decide what deserves their attention, what can wait, and how to adjust when priorities shift.

People leave his presentations with real-world strategies they can apply immediately and the confidence to decide what most needs their attention if they want to thrive in work and life.

For more than 30 years, Jones has worked with organizations such as FedEx, Choice Hotels, Fidelity Investments, Clayton Homes, and the U.S. military to strengthen leadership, improve focus, and find greater opportunity in times of change. His approach helps individuals and teams make better decisions about how they invest their time and energy.

Residing in North Carolina, Jones cherishes time with his wonderful wife Lisa, their two amazing daughters, two "really cool" sons-in-law and one perfect grandson.