

## TONOA BOND -- EXTENDED BIOGRAPHY



### ABOUT TONOA BOND

Tonoa Bond, "The Audacity Expert", helps people learn to operate in the shameless boldness they need to live their dreams. Born and raised in the projects of Chicago, Tonoa effectively navigated an environment where boldness and audacity were prerequisites to make it through the day. And what she learned from this experience was that while one's external environment does have an effect on the shaping of their internal environment, one does not have to build their belief system simply on the things that they see, or the lack thereof. Tonoa's soon to be released book, *The Audacity Quotient*, will prove that anyone can live the life of their dreams, no matter how big those dreams are, as long as they have the audacity to believe it.

Tonoa is certified in both Forensic Psychology and Hypnotherapy and is an author, speaker and master life coach who currently sits on the advisory board of other coaching and training institutions. She is a Behaviorist who also believes in its dueling school of thought, Psychodynamics. This yields to her a greater understanding of the human condition and what drives human behavior on the cellular level as this duality explains the motivation and theoretical proof behind why we do the things that we do. This understanding allows Tonoa to effectively assist others in changing their belief systems which are controlling

their behaviors -- all of which are rooted in their subconscious minds -- in order to become a better, more fulfilled version of themselves. Through her company, **To Know a Dream International**, Tonoa reminds people that no matter where they have been or where the tragedies of their life say they are going, it is never too late to redirect a faulty train of thought and be the person they were destined to be.

Tonoa is the host of the hit radio show, "Living Your Dreams w/Tonoa Bond" on Blog Talk Radio, where her shows always rank high in download numbers from iTunes. She is the founder of **The Bond Institute**; where she trains and certifies others in the field of personal growth and development and helps them to learn the driving force behind human behavior. Tonoa also facilitates an "Ask Tonoa" phone call, [www.asktonoabond.com](http://www.asktonoabond.com), where she spends time assisting others on the path to living their dreams. Before entering the field of personal development, Tonoa worked in the entertainment industry as a screenwriter as well as a writer/producer for music videos. She later spent a decade working for a Disney owned television network.

Tonoa loves spending time in her profession, as well as personal research time, deepening her craft by studying theorists in Behavioral Psychology, Humanistic Psychology, Individual Psychology and Life Span Development. Tonoa has a Bachelor's degree in Communication Studies and is currently completing a Master's Degree in Business and Leadership Coaching Psychology. Tonoa is also an interfaith minister, Army veteran and philanthropist.

## **TONOA THE SPEAKER**

What's the secret to living one's dreams and being the epitome of that which you were created to be? Tonoa Bond knows. In fact, she's spent nearly two decades researching and living this topic and loves sharing it with the world. Based on her life, the school of Humanistic Psychology and her soon to be released book, *The Audacity Quotient*, Tonoa will reveal to your audience and organization the secrets of living a life of shameless boldness that will allow anyone listening to fulfill their purpose and actualize into the persons they were created to be. Many people hold themselves and their organizations back because they allow fear to stop them from stepping fully into their roles and offering to the world the gifts and talents that only they possess. Through her own life, experiences and examples, Tonoa inspires immediate growth in everyone whom her message touches. She does this by teaching individuals, teams and organizations to step

out of the shadows of their existence, to step boldly into their purpose and create the lives that their dreams are made of. Allow Tonoa to connect with your audience and/or organization and show them how their audacity is their calling card, both personally and professionally, and how living a life of shameless boldness really is a key ingredient in living ones dreams.

## **TONOA THE TEACHER & TRAINER**

Tonoa's intuitive eye and huge heart for helping others has aided countless souls on their journey to actualizing into their purpose and living their dreams. Her quick wit and refusal to stand idly by while others swim in the depths of their own mediocrity has propelled her into the hearts of many. Tonoa believes that you cannot sufficiently help someone unless you really understand them. She uses her platform through classes, media interviews and seminars to establish an immediate environment that promotes the dreams of her participants. Within this environment, Tonoa facilitates change in others by reminding them that their current situations are not fixed and that they can become whatever it is they envision themselves to be. Through her work, Tonoa helps others learn to get past their own limitations, societal or self-imposed, and become the persons they were meant to be.

Tonoa founded **The Bond Institute** in 2009 when she realized the huge disconnect between training and certification programs in the field of personal growth and development and their lack in understanding what drives human behavior. Because of this, Tonoa developed several training programs as well as contacted other coaches and teaching professionals in order to fill this void. Her personal mission is to ensure that coaches and practitioners throughout the world have an understanding of what drives human behavior so that they can get their clients off of the hamster wheels in their own lives and on the path of living the life of their dreams. Tonoa ensures that through her institute she is offering psychologically sound courses in human behavior and the fallacies of the human condition. She works to always bring the best to the courses that she personally designs as well as to ensure that she can expect the best from the trainers that she hires. Tonoa is also currently working with other coaching professionals to build an online university for personal growth and development that will launch by the fall of 2010.

## **TONOA IN THE MEDIA**

Tonoa has been a featured guest on countless radio shows. She is also the featured guest expert on the hit radio show, *Playing Devil's Advocate*, where she challenges listeners to stop living a life of mediocrity and step into their dreams. Tonoa also hosts the hit radio program, "Living Your Dreams w/Tonoa Bond", on BlogTalkRadio.