

THE MJE—THE MICHELLE JONES EXPERIENCE

SPIRAL GROUP FOUNDER SHARES HOW THE EMPLOYMENT PREPARATION AND PERFORMANCE MANAGEMENT TRAINING PROGRAM FOR RETURNING CITIZENS WAS BORN

Michelle A. Jones is the Founder of Spiral Group, Inc. The not for profit organization provides Employment Preparation and Performance Management Training for those willing to make a commitment to positive change. The company's goal is to assist returning citizens in achieving self-sufficiency, while reducing an inclination toward recidivism. Spiral Group is dedicated to helping this population of job seekers overcome many obstacles to employment by improving their organizational, time-management, decision-making, interviewing, and soft skills.

SPIRAL GROUP'S INCEPTION

Michelle began the process of seeking meaningful and gainful employment as soon as her release from the Logan Correctional facility in August 2014. However, because of the parole restrictions and other prohibitive stipulations set forth by the parole board, her quest for immediate employment was short-lived. The numerous ineffective and time consuming activities required by the parole board caused her to become despondent and she thought about reoffending on a few occasions.



In addition, she was restricted to a recovery environment that was not conducive to recovery. So, on November 2, 2014, she and her parole agent decided that she be placed in a different recovery environment, one that would allow her to flourish and experience some semblance of recovery.

After exposure to more recovery-related activities at the second recovery home, Michelle began rebuilding her life from within and imagining how she could utilize her skills and experience to make a necessary contribution to society. She decided to return to the hospitality industry as either a manager, operations consultant, or trainer. This meant she had to regain the industry's required certifications, and she set out to do just that. Michelle attended free classes and regained her Food Safety Manager's certifications for both the city of Chicago and state of Illinois on March 20, 2015. But, being a high achiever, she didn't stop there—she became a certified ServSafe Instructor a few months later.

In April 2015, Michelle began her job seeking quest, again. But to no avail. She believed the gaps in her work history, reflected on her resume, disqualified her from the managerial job opportunities for which she applied. In June 2015, she enrolled in a third job readiness training program—one that seemed better suited to her career goals, as a result.

However, after a few days of attendance, Michelle realized she was becoming disillusioned. The items highlighted in the program's flyer, those that piqued her interest, were well out of reach. In addition, the instructor resigned a few weeks later due to lack of pay (the government monies on which the program depended to operate were cut).

Nevertheless, Michelle saw the instructor's resignation as a Divine Opportunity, and convinced the program's executive director to allow her to fill in for the instructor—for free. After three weeks without pay, she began receiving \$100 per week as an intern instructor for approximately five weeks. She assisted many of the program's participants with acquiring their food handler's certifications.

During this time, Michelle was learning a lot about how the NFP operated, and began dreaming of having her own NFP one day. After a mutual decision to depart from the organization that gave her the chance to be an intern instructor, she began creating her own job readiness training program in late September 2015. And because she had been enrolled in three well-known job readiness training programs, she knew that she would not make the same mistakes she encountered by administrators and instructors when building Spiral Group.

Her goal was to develop training modules pertinent to employment preparation and shorten the length of job readiness training, considerably. After many months of painstaking research; the development and subsequent revision of training modules; and the creation of a comprehensive website, in April 2016, [Spiral Group, Inc.](#) and [SpiralGroup.org](#) were born.

MORE ABOUT MICHELLE

Michelle has over twenty years' experience (1984-2005) in the hospitality industry as an hourly worker, cashier supervisor, assistant manager, general manager, training manager, and franchise business operations consultant. She has worked with the following organizations: Subway, Portillo's, Quiznos, Dock's Great Fish, Burger King, Chili's, Target, and Jeepsers.

She opened her first business, RMRC (Restaurant Materials Resource Center), in 1999 where she designed business documents, labels, and posters for the foodservice industry.

Michelle is also a mystic, cartomancer, and ordained minister. She received her ordination on April 19, 2007. Since 1994, she has been a student of [Astrology](#), [Mysticism](#), [Magic](#), [Mythology](#), [Theosophy](#), [Numerology](#), [Gnosticism](#), [Hermeticism](#), [the Nordic Runes](#), [Egyptian Hieroglyphs](#), and other [Occult Sciences](#). From 2009-2012, she taught basic lessons in astrology online. She will resume teaching these lessons, in a classroom setting, in 2017. Additionally, Michelle has revised a profound work on the Hermetic Teachings, but chose to use a pseudonym.

If you'd like to invite Michelle to your organization so that she can instruct returning citizens on [The Uses of Adversity](#), she can be reached at [773.648.0476](tel:773.648.0476) and michelle@spiralgroup.org.

MUSIC THAT INSPIRES MICHELLE

- 🎵 "Mind Power" & "Superbad" by James Brown
- 🎵 "Unbreakable" by Michael Jackson
- 🎵 "Every Praise" by Hezekiah Walker
- 🎵 "Black Man" & "Jesus Children of America" by Stevie Wonder
- 🎵 "Be Grateful" by The Hawkins Family