

Design Build Leadership

Executive Coaching & Leadership Development

1:1 Executive Coaching

Team Building

Strategic Planning w/Systems

Organizational Development

Emotional Intelligence

Workplace Culture

Build out your leadership skills and design your next business success.

Book a consultation today.



**Coaching & Consulting
Jill Thorngren, PhD, BCC**

I'm excited to announce my January 2024 Leadership Development and Workplace Wellness trainings.

I'd love to work with you in designing and building your 2024 successes.

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Turning Insight into Action

With Executive Coaching



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My executive coaching is conducted from a systems perspective, focused on **you**, your **relationships**, and your **communication**.

Your coaching package will include face to face (in-person or teleconference) meetings, tangible goal setting, and follow up accountability.

Together, we will design and build a personalized program that empowers you to work **with** yourself, not against yourself.

We will start with a 22-page individualized **Insights Discovery Profile** that will help you gain understanding of your natural preferences, strengths, and potential blind spots.

From there, we'll take your new insights and turn them into effective actions.

You'll learn how to communicate more clearly, adapt to different personalities, and build stronger, more connected relationships.

From Obstacles to Opportunities

With Team Building



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My team building approach is based on a philosophy of 'responsibility centered leadership' that asks each member to take responsibility for being aware of themselves and their impacts on the team.

I'll help you design a personalized approach to responsibility centered leadership and build interventions that will play to the strengths of your team members and overcome their challenges.

Team building packages include a comprehensive Insights Discovery Assessment that will include both individual and team reports, a 2-hour pre-planning session, half-day to multiple day trainings, and monthly follow up for 6 months.

Often what we view as obstacles or barriers to our success contain the very opportunities we need to succeed.

People are the most important asset in any organization. And relationships between people have potential for both the greatest growth and the biggest setbacks.

Healthy relationships and effective communication among team members is critical for organizational success.

Creating Second Order Change With Systemic Strategic Planning



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Planning does not occur in a vacuum. Change in one part of a system has ripple effects across the whole. understanding that the whole is greater than the sum of individual parts allows for planning in context and capitalizes on relationships across the system.

We'll explore feedback loops across your entire system and position you for positive growth or change.

My strategic planning approach is systems based and founded on the premise that 'the whole is greater than the sum of the parts.' Changing one part of the system will have effects across the entire system. I'll help you and your team engage in planning that positions you to take advantage of your strengths and position yourselves to take advantage of assets across the organization. Strategic planning packages are custom designed with you and may include a combination of on-site and off-site meetings.

Both Functional AND Fun!

Organizational Development & Workplace Culture



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We spend too much time in our places of work and developing our careers to not enjoy and maximize that time.

And not only that, our brains are 31% more productive when we're happy.

Particularly since Covid19, workplace wellbeing has become a differentiator in organizational development and success.

One of my great passions is helping organizations incorporate mental wellness into their culture. Now, more than ever, we need to be mindful of our own and our employees' wellbeing. I am happy to customize a training that captures the mission and goals of your organization.

Some of my favorites include:
'The Happiness Advantage at Work'
'Taking the Difficult Out of Difficult Conversations'
& 'Emotional Intelligence in the Workplace.'