

Understanding and compassion from real-life experiences; motivation and direction through proven training programs.

Janet Tingwald personifies transformation by being a “student of life” and overcoming personal obstacles through career life changes. She has taken these experiences and put them into powerful, yet down-to-earth messages we can all relate to. Knowing the courage and work it takes to travel this path makes Janet uniquely qualified to guide you or your groups as you look for, and make, the necessary shifts to move forward.

Janet's most requested presentations:

Navigating Change: Thriving in Turbulent Times

Many of us would like to “brave the rapids,” but hesitate to make changes in our lives because it doesn’t feel “safe”. In this presentation you will learn what keeps us from moving forward and learn to navigate smoothly through the many challenges that come with making changes in our lives and businesses.



“We’re All Adults Here” and Other Myths of Management

Age has little to do with emotional development and adult behavior. But that doesn’t stop managers from thinking “By now he should know that” or “Why can’t she leave her personal life at home?” If your workplace expectations for others are seldom achieved, let Janet teach actions that can result in seeing your employees grow to potential.

It’s Good to be Queen

Not just for the tiara, though that is a nice perk. Being the queen is all about the throne you inhabit in your heart. What makes us feel regal, mature, revered and in control of our own powers and kingdoms? Janet presents insights for honoring yourself.

Letting go of the Tree... Leaping Into Life

Ready for a great trek into adventurous learning and self-discovery? This is no tour for the weak at heart; you’ll leave terra firma for a life-changing experience. Janet’s expedition takes you through the physical, mental, emotional and spiritual steps to let go and make that leap. It can get treacherous, but the thrills will be experiences you’ll forever treasure.



About Janet Tingwald

Janet Tingwald personifies transformation. As a Certified Professional Co-Active Coach (CPCC) and a professional background that ranges from building two successful businesses, being a registered nurse and having 20+ years in sales and marketing, Janet Tingwald brings the type of “real-world” experience that sets her apart from her competition.

Having fused experiences from both her personal life and her professional career, Janet realized that others could benefit from her experiences and with that, Janet founded The Coaching Advantage Group in 2000.

A graduate of the Co-Active Space Leadership Program, Janet has completed core classes in Organization and Relationship Systems Coaching. She is certified to deliver William Bridges Change and Transition Management workshops and in Equine Assisted Psychotherapy. Janet is a past president of the National Association of Women Business Owners – Central Iowa Chapter and a member of the International Speakers Network.

Testimonials

“Janet was amazing! We wanted to start the afternoon (board retreat) session off with a little excitement and enthusiasm to keep the momentum going. And Janet was the person to do this! The team-building skills were great! She had this group engaged and interacting with an activity that jump-started new relationships and people working together who normally do not participate at this level. With Janet, it doesn't matter if you have her present for an entire outing or just an

*hour, you will have the results you hoped to achieve. If you are looking for an **uplifting, informative and positive** presentation, where all will enjoy participating, Janet is your person.”*

– Brenda Miller
Executive Director
Des Moines Ronald McDonald House

*“Janet spoke to Hawkeye Chapter of IAAP (International Association of Administrative Professionals) about transition in the workplace. In today's changing work world, her topic **touched all of us** and we were able to leave with more than one take-away to use in our own workplace and home life.”*

– Sherry M. Young CPS/CAP
Past President
Hawkeye Chapter IAAP

For more information or to book Janet Tingwald contact:

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Your Guide To Navigating Change

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motivation and direction through proven training programs.*