

Janet Tingwald

Speaker • Coach • Trainer

Sample Introduction

"Change is life, growth is optional."

Janet Tingwald personifies transformation by being a student of life and overcoming personal obstacles through career and 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 as you look for and make the necessary shifts to move forward.

"Change is life, growth is optional."

Janet Tingwald personifies information as a Certified Professional Collective Coach 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 a type of real world experiences that set her apart from her competition. Having overcome challenges in both her personal life and her professional career, Janet realized others could benefit from her experiences, and founded the Coaching Advantage Group in 2000.

A graduate of the Coactive Space Leadership Program, Janet has completed core classes in Organizations and Relationships 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. Janet has two beautiful children and lives in Des Moines, Iowa.

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Any questions, contact Janet:

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