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JLynne Consulting Group

Jennifer L. Croneberger, MGCP

President/Speaker/Coach, JLynne Consulting Group

Testimonials

"We are proud to have Jen Croneberger as an active member of the Chester County Chamber of Business & Industry and as a past recipient of our Female Business Leader of the Year Award. She has shared her talents with the Chamber membership by providing seminars and workshops which have proven to be very motivational and well received. Jen speaks from the heart and is able to connect with people on a personal level. She inspires her audience to follow their passion and become the best they can be, both personally and professionally. We look forward to continuing our relationship with Jen and her strong business and speaking skills!"

Olivia Hecksher, Chester County Chamber of Business & Industry, Director of Event Planning

"Jen Croneberger provides a simple and positive approach to business and life. Her message begins on a personal level but then easily reaches everyone in the audience, because you are able to identify with her, as you begin thinking of your own struggles, setbacks or roadblocks in life. Jen's humor and perspective on things give her presentation some light moments, enabling everyone to laugh. Her seminar gives you some great reminders to deal with your customers, your employees and yourself."

Doug Thompson, Western Chester County Chamber of Commerce, President

"I have had the pleasure of knowing Jen [as a mental toughness coach for my daughter as well as a community speaker in Chester County] for a little over three years now. Her ability to connect with young people, actively listen to them, understand what they need, provide education and hope are just a very few of the ways she would be an asset to any organization.

Jen has a great deal of knowledge and understanding about the many issues that our youth face today. What she brings to a speaking engagement goes way beyond the words that she conveys."

Renee Morgan, Self Expressions, Owner

"We were honored to have Jen Croneberger speak on two separate occasions [at our recent weeklong summer leadership academy]. Jen put together two fantastic presentations: one for our students as well as one for our adult parents. She understood with little direction what each of the different age groups needed to walk away feeling inspired and motivated to achieve whatever goals they have ahead.

Jen is an exceptional speaker for several key reasons. She is an excellent story teller and takes her time to clearly communicate the points that are needed to be made in a presentation. She asks lots of questions and does many things to solicit audience participation so that the audience feels very engaged. She makes the presentation to be very personal so each person can walk away with their personal mission of what they can do next in their careers, etc.

Jen also speaks in such a way that people feel very inspired to reach their full potential. Her speeches build step by step so it is very clear to an audience member exactly what to do to move forward.

The leadership team of any type of organization would want Jen to speak to their people because they will truly walk away being inspired to be more and do more."

Beth Mooney, Learning To Lead, Executive Director



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"Mental training with Jen took me to a whole other level. Truthfully, where I was lacking was my mental game. I would easily lose focus. [Mental training] has really helped me out in gaining more confidence. I've been walking around with a whole new agenda nowadays just from this training. I really appreciate it. It really does work. Everything seems to be falling right into place."

Matt Fields, Tampa Bay Rays Organization

"Jen worked with me this past summer about my mental game. Not only was she a great help, she made me realize that at a higher level of play, the mental game comes into play a lot more. I've realized that if you set your mind to do something and that you believe in yourself, it can happen, you just have to work extra hard."

Kristen Erb, Tennessee Diamonds, Pitcher; Lock Haven University, Former Starting Pitcher, 2-Time National Championship Team; 2-Time Division 2 Honda Award Winner; 4-Time All-American

"Jen's encouragement of open communication has been a huge asset in building our team chemistry this year. Without our sessions, many things would have been left unsaid because we all assume they go without saying. Additionally, as we take the program to new thrilling places, her advice on the mental approach to the game helps us stay focused on playing FORDHAM SOFTBALL. Instead of a rollercoaster ride, we're riding the train."

Jennifer Mineau, Fordham University, Softball Player; Top 10 Finalist For The 2010 USA Softball Collegiate Player Of The Year

"Jen has worked with our team to prepare them for the rigorous season they are about to embark on. She has given them the tools to handle the tough times, the knowledge to handle mistakes, and the strength to look to each other in a time of adversity. The mental part of softball is a huge part of the game and she has trained our players at the highest level and I know they will be able to conquer any challenges thrown their way."

Kim Camara, Drexel University, Head Softball Coach

"I have had the opportunity to work with Jen as both a professional athlete and a Division 1 college coach. Jen's ability to facilitate communication within our team has been hugely important to our team chemistry and culture. Furthermore, she understands the mental challenges specific to the game of softball and has helped us transform our mental approach and processes through self-awareness and perspective. Our athletes have benefitted tremendously from working with Jen this season and we owe many thanks to her contribution to our program. Thanks Jen, you're the best!!"

Emily Friedman, Fordham University, Assistant Softball Coach; NPF Player, Chicago Bandits

"Jen is an amazing motivator and with her calm and collected composure, she can inspire any audience. She provides mental support and has helped Fordham Softball with their mental game. Without Jen, Fordham Softball would not be what it is today. Through her words, Fordham Softball has truly become a well-rounded team. Jen shows passion, which can be seen by all. Fordham Softball trusts, respects and looks up to Jen. Fordham Softball is honored to consider Jen as part of the team."

Erin Fisher, Fordham University, Softball Player, Senior Captain



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“Jen has been a part of the reason why our team has played so well this year. She has offered words of advice and helped strengthen our mental game, which is a large part of softball. More importantly, Jen has provided our team with an opportunity to fully acknowledge how appreciative we all are for one another. She has helped us communicate our goals, fears, and respect for one another that would have gone unspoken. I am very grateful that my coaches brought her in this year and truly believe that her sessions have helped the team become closer.”

Jessica Richards, Fordham University, Softball Player

“Jen has helped the team by bringing an intensity that we all keep each other accountable for. She let us see that we all have the same goals in mind. We have been able to get to know each other and understand each other so much better through her talks.”

Lindsey Kay Bright, Fordham University, Softball Player

“Just wanted to drop you a note and talk to you about the mental toughness sessions you had with Julianna. I truly can't believe how much they helped her. After talking with her and realizing how much pressure she felt as the “coach's daughter” was unbelievable. She shared with me how she felt that not always getting that hit or making that play made her feel, thinking that she had somehow let me and her teammates down.

You were able to give her advice to get through those feelings and continue to grow as not only a ball player but as a person. I believe that she handles these situations, as well as those feelings, much better now. I have told Julianna time after time that this game is a game based on failure. Knowing that you will probably make more outs than get hits is not easy for a 12-year old to accept. Your training on how to deal with these situations and how to deal with her “coach” in her ear, have made her a much better player. Sometimes the pressure we as adults put on our children is more than they can handle, and even though that some pressure is helpful in making them able to become stronger, you are able to help them put in perspective. We are so lucky to have found you. Thanks and keep up the great work!!!”

Pat Fullam, ETC Elite 14U Travel Softball

“I believe that 100% of the time that the mental aspect of competing will either help you to win or cause you to lose. I have seen athletes prepare physically for volleyball but emotionally and mentally they can't handle the pressure situations that will ultimately happen during a match. If you place two evenly matched physical teams against each other, the team better mentally prepared will win the contest. Mental preparation allows you to handle the mistakes and learn from them but not dwell on them. In the fast pace game of volleyball there is no room for dwelling on mistakes, it will only bring you down. Knowing how to overcome mistakes and turn them into positives makes a winning athlete and a winning team.”

Donna Smith, Immaculata University, Head Volleyball Coach

“It is amazing when you have a plan and are centered, how you start to notice how distractible the other team is... we went in with a plan and a routine and it was a whole different experience. Your metaphors are the best. I think in pictures, so reframing with images is especially helpful. Thank you for all that you are teaching us. It is making a difference in my life.”

June M., Tennis Player



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“Over the past four years I have been faced with a unique situation; recovering from Tommy John’s surgery. My goal was to play sports at a competitive level once again. Through this complex recovery process, I found myself challenged both physically and mentally. I learned there were certain necessary actions I had to conform to. I had to develop a plan, be committed to hard work, and seek assistance from others.

After adhering to a strict physical therapy plan for twelve months, the next year was focused on re-learning how to throw. I put in many hours each week developing new muscle memory. I learned there is no substitute for hard work and dedication. After two years of physical therapy, I realized that the mental aspect of the recovery process would be the hardest part. I had to come to grips with my lack of game experience. My problem came down to the “game situations.” In practice, I was a star. In a game, I looked as if it was the first time I had ever picked up a softball. Mentally, I grew frustrated and impatient. This only seemed to make my recovery time double in length. I was very discouraged and quite embarrassed at times. Before my surgery, I was the pitcher looking for that game; the game worth all the marbles. I wanted the pressure situation. Those games are what made me grow to love the sport so dearly. Now after my surgery, it was hard for me to even get an inning against the worst team in the tournament. My coaches began to lose faith in me, but at that point I had already lost faith in myself. After spending these past few months with Coach Jen and her Mental Training, I have now developed an understanding of what necessary steps I have to undergo in order to fully recover. “Awareness is the first, key step.” I quickly found that I am in control on my fate in softball. Once I start believing in myself and in what I already know how to do, I can only go as high as I decide to take myself.”

Alyssa Fedor, West Chester Henderson HS and Delco Diamonds Fastpitch Travel Team

“It’s hard to explain the feeling you get...I’ve not had this feeling before...I’ve been in my version of a zone, but when you are mentally and physically into it, it’s a feeling like no other...we went in with a plan and knowing we’d stick with it..nothing bothered us...we played our game and beat them soundly (losing to them before)...if we made an error, our words were “right back” and we stayed positive throughout the match. You’ve made a big difference in how I look at life and sports, and I am grateful for that. Keep doing what you are doing...it works. Thank you.”

Nancy D., Tennis Player

“I can tell from my experiences that you are putting your heart and soul into the facility as well as your clients/players. We are lucky to have run into you and I am thankful for what you were able to do for Bre. She was able to earn MVP of the team and player of the year for the Daily Local area all-stars. I know what you have done for her as well as the team was all a part of this. Thanks and keep up the great work!”

Michele Rafetto, Mother of Bre Rafetto, Unionville HS Volleyball Player