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JLynne Consulting Group

Jennifer L. Croneberger, MGCP

President/Speaker/Coach, JLynne Consulting Group



Jen Croneberger has been involved in sports since a very young age. She was the CEO/Founder of Excellence Training Camps, Inc. as well as is the president of JLynne Consulting Group, LLC. She has held numerous coaching positions, including the head softball coach at Unionville High School, assistant softball coach at Ursinus College and the Mental Game Coach for the (NPF) Women's Professional Softball Team, The Philadelphia Force. Jen is currently the head softball coach at Ursinus College, and has also worked with the UConn, UVA, Fordham, Drexel and Rutgers, Shippensburg softball programs as well as some of the top travel softball teams in the eastern US. She also works with many community groups and organizations on a regular basis including West Chester Communities That Care, Girls Leadership Program, Girls Take Charge Leadership Camp, Girls Leadership Academy and the National icouldbe.org Mentoring Program. Jen is also an adjunct professor at Ursinus College, teaching a course on the philosophies and principles of coaching. She was selected by the Chester County Chamber of Business and

Industry as the 2009 Female Business Leader of the Year.

Most of her last 10 years have been spent working with athletes, instilling confidence and building strength, both mentally and physically. Jen was consulted by MTV's show "MADE" as a mental skills/fear coach for one of its subjects in the Fall of 2007. Jen has also been interviewed on various occasions by Philadelphia's ABC affiliate, Channel 6 Action News, regarding the mental approach of the Philadelphia Phillies before entering into the World Series in 2008 and 2009, as well as the mental approach of the Philadelphia Eagles before entering into the NFL playoffs in 2008. In the Spring of 2010, Channel 6 Action News interviewed Jen regarding the mental state of Tiger Woods upon his return to golf.

Jen has an extensive list of education and certifications in multiple fields, including:

- Bachelor of Arts degree in English, with a concentration in Journalism, from the University of Delaware
- Diploma in a very rigorous Sport Psychology course from the Professional Career Development Institute
- Master's degree from the University of the Rockies in Sports and Performance Psychology
- Member of the Golden Key International Honour Society for a 4.0 in her Master's Program
- Member of the Association for the Advancement of Applied Sport Psychology
- Mental Game Coaching Professional Certification from the highly-accredited invitation-only program with Dr. Patrick Cohn, a well-renowned Sports Psychologist
- NESTA Certified Sports Hypnotist

Jen uses everything she has learned and taught over the years to create team-building/team-chemistry seminars as well as keynote speeches for corporate clients, youth leadership programs, women-in-business groups and sports teams of all levels. Mental game coaching seminars and workshops are specifically done for teams (age 11 & up) and coaches for all sports. Confidence, accountability, leadership, getting through adversity, and "playing" for love of the game are some key topics Jen focuses on in all of her presentations.

She is currently working on producing articles, books and CDs/DVDs on athletes and training the mind, body and spirit on the playing field. Jen's most recent project is a workbook/CD program titled "*Instilling Confidence in Baseball and Softball Players: A 7-Day Plan for Coaches*", in collaboration with Master Mental Coach, Dr. Patrick Cohn. She also writes inspirational and motivational stories on her blog on a regular basis.

Jen's extensive training in mind-body fitness and holistic health as well as business and team leadership, sets her well above the national bar for fitness professionals and business owners/leaders.