



the five words dot com.
JLynne Consulting Group



Jennifer L. Croneberger, MGCP
President/Speaker/Coach

Jen Guides You In Instilling Confidence & Building Strength

Does your team lack accountability & leadership?

Does your team lack focus & awareness?

Does your team lack that rock-solid cohesion & chemistry that you have been trying so hard to build?

Jen uses everything she has learned and taught over the years to create team building workshops and keynote speeches for **youth audiences, corporate groups and sports teams** that explore these areas more in depth.

She believes that accountability, leadership and team-building are all traits good athletes as well as business leaders must have to be successful. That is why she focuses her programs in these core areas.

**It's not about where you are right now.
It's about who you can become!**

Let Jen guide you on your journey to help you and your team develop stronger and better habits, both mentally & physically - regardless of where you are right now.

Jen provides customized programs that are tailored to meet your needs. All programs are designed to talk about confidence, recovering after mistakes, building team chemistry, using the three R's, creating pre-game and pre-pitch/at bat routines, understanding communication between players, parents & coaches, and reasons behind perfectionism.

Specific seminars can focus on the following thoughts*:

The Five C's of a Mental Game Warrior: The Five Secrets to Success...And They Are Not Always What You Think

- How these words create how you play and who you are.
- What will it take for you to get through the wall?
- How to commit to making a small step towards success today!
- How to stop beating yourself up after an error...and win!

For Love Of The Game

- What is your passion, your why?
- How do you figure it out if you don't know it already?
- Understanding commitment.
- How five words can change your life.
- Learning to not apologize for who and what you bring.

Be. Do. Have.

- It's as simple as "Be. Do. Have."
- WHO are you? WHAT defines you?
- Taking action is sometimes hard. Why do you always find yourself back at the same place, regardless of what you try to change?
- How to commit to making a small step towards success today by making the right choices.
- Where are you today and where do you want to be?

**All include handouts, email/phone access to Jen between program sessions as well as a coaches/parents session for 90 minutes as an add on if the whole organization is involved. This helps coaches and parents learn how to deal with the challenges of their players, on the ride home, when to push and when to pull, etc*



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"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."

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

"...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's ability to facilitate communication within our team has been hugely important to our team chemistry and culture."

Emily Friedman, Assistant Softball Coach
Fordham University

"Jen is an amazing motivator and with her calm and collected composure, she can inspire any audience..."

Erin Fisher, Softball Player, Senior Captain
Fordham University

Are You Ready To Make A Difference In Your Life?

Contact Jen Today!



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Partial List of Clients

La Roche College

University of Virginia

*Chester County Chamber of Business
& Industry*

Ursinus College

PA State Health Educators Convention

Drexel University

Downingtown Area School District

Fordham University

Chester County Intermediate Unit

University of Tennessee (Knoxville)

ETC Elite

Rutgers University

Brandywine YMCA

*Spring-Ford Sting Travel Softball
Organization*

University of Connecticut

*Pennsylvania Explosion Travel Softball
Organization*

Unionville High School

Kutztown University

*Western Chester County Chamber
of Commerce*

Boyertown High School