



Jennifer Bellingrodt, Psy.D. Executive Coaching

Evolutionary Executives

Calling all entrepreneurs, business owners, executives and professionals!

Do you feel stuck in your current career situation or job position? Do you know that you were made for more but are unsure how to get there? Do feel blocked from being the best version of yourself? If you answered yes to any of these questions and you are ready to engage in a process of personal growth and professional evolution, executive coaching may be for you!

For those of you who don't know me, my name is Jennifer Bellingrodt, and I am a licensed clinical psychologist with over 20 years of experience in the field of behavioral health, 17 years as a business owner, more than a decade as a direct sales entrepreneur and 4 years in military leadership. As an executive coach, I'm seeking to work with high achievers who are ready to unlock their growth potential.

If you're not familiar, executive coaching is a process that helps professionals unlock their potential by helping them gain self-awareness, clarify and achieve their goals and evolve into the best version of themselves. To be clear, executive coaching is NOT therapy. Though I am an experienced therapist, the executive coaching process is different from therapy in that therapy is focused more on healing from past hurts and learning to be different in the present and future, while executive coaching is more about unlocking your potential and helping you get to where you want to be next in your business or career.

The benefit of having a psychologist take you through executive coaching is that you'll be working with someone who has experience delving into maladaptive cognitive processes and their origins to help you truly overcome the negative automatic thoughts that block you from being the best version of yourself. I've found that people who truly understand their behavior are more motivated to change it and have more lasting results than those who are simply told to "think this way" or "do these 5 things" for self-improvement.

If you are a highly motivated person who is convicted about making change, I'd love to have you join my free Facebook group called Evolutionary Executives. The word "evolutionary" means relating to the gradual development of something. In this group, we talk about executive coaching for professional growth and development. I also share information about my approach to executive coaching, how to tell if you're ready for coaching, questions to ask yourself before you get started with coaching and information about introductory packages for executive coaching with me. There is no purchase necessary to join the group, and I promise not to spam you or try to push you into working with me. Honestly, I don't have the time to chase people, and I want to work with people who are highly motivated and ready to make change vs. those who need to be talked into it somehow. The link for the free group is <https://www.facebook.com/groups/1118085651988702>.

If you're ready, I'm ready. Let's get to it!