Jan listened without judgment and asked me questions that helped point me toward the future. Those are the greatest gifts. I always feel stronger after our coaching conversations.

– Karen  
Penn Valley, CA

Jan spoke my language and used word pictures. Our hour up over the landscape helped me get better oriented to the bigger picture and lifted me out of my typical, narrower focus. And then I felt refreshed when I came down. Much better than crash landings.

– Judy  
Portland, OR

Jan helped me find the important things I needed to focus on. I liked that. She didn’t provide the answers for me, but helped me discover where I might find them and then how I could draw conclusions and set new goals.

– Doug  
San Francisco Bay Area

PROFESSIONAL SNAPSHOT:
• Credentialed Coach, ACC, International Coaching Federation
• Certified Transformational Coach, CTC, Western Seminary
• Masters (in process), Ministry & Leadership, Western Seminary
• Professional Author and Speaker
• Director of Children’s Ministry, youth ministry, and twenty-five plus years serving with a residential program for at-risk teens (ongoing)
• Coaching work with faith organizations, ministry leadership, university student leadership, soul care ministry, and urban youth organizations

I see the uniqueness of the coaching modality for individuals, teams, and families, for faith conversations that transform. I see a vision of hope—individuals who deeply grasp who God created them to be and who are courageously rooting themselves in His plans for their future. Not because someone fed it to them, but because they have done the hard work through coaching conversations to think, pray, and reach deep to discover it. I’ve watched it in action. They get it. They own it. That excites me.

As a coach, I enjoy partnering with individuals and teams to activate courage, creativity, and vision, and to design strategies that support and strengthen relational foundations, personal growth, and innovative leadership.

The person I bring to the coaching partnership is someone who is passionate about: engaging in lifelong learning, embracing who God calls us to be, and actively encouraging identity, voice, and courage in ourselves and in others. As a wife, mom, and friend, I love hanging out with family and friends, cooking together in my tiny kitchen, laughing, and enjoying meaningful conversation.

Courage  
Creativity  
Vision

Where are you in your life today?  
Where would you like to be?  
Who are you becoming?

Take the next step toward the exciting and transformational process of coaching.  
I’m cheering you on!

Because . . .

www.courageousmoves.com  
jankern@gmail.com  
1.530.268.1820

You’ve heard it said of others, “That was a courageous move.”  
Now those words are for you.