

Jennie Lynn

Board Certified Nurse Coach

As a Registered Nurse for over a decade, making a difference in the lives of others has always been at Jennie's core. She has a diverse background in healthcare ranging from direct patient care at Yale, to traveling the country educating healthcare staff on medical devices. Jennie is personable, empathetic, genuine and purpose-driven.

Her own wellness journey began four years ago when she committed to overcoming her own struggles. This empowered her to help others grow through Holistic Health and Coaching.

Jennie obtained her Board Certification in Nurse Coaching and has her own business Coaching clients in both 1:1 and group settings. She additionally supports her community by forming partnerships with local businesses to host wellness events and workshops.

Jennie also partners with corporations to support their employees' mental health and well-being. She is dedicated to guiding others to empowerment and whole-person wellness that elevates all areas of their lives.



Jennie Lynn, RN, BSN, NC-BC

Board Certified Nurse Coach &
Founder of Evolving Heart, LLC

SPECIALTY TOPICS

Boundaries, Mindfulness,
Confidence, Coaching Principles, Four
Agreements in the Workplace

*Custom Topics also available

Wellness Offerings

Jennie facilitates interactive workshops and is also available for speaking engagements. She can accommodate both in-person and virtual events.

Creating Confidence

True, lasting confidence is created internally but most seek it through external factors. This self-reflective workshop reviews the 3 Keys to Confidence and empowers participants to connect with and create lasting confidence. Includes a follow up resource to support participants to create new, positive beliefs.

Coaching Concepts to Elevate Your Career

This interactive workshop introduces the 6 Principles of Coaching and how they support both personal and professional growth. Open discussions via thought-provoking questions will support your team to understand themselves and each other on a deeper level, while encouraging empathy and growth. Included is a “Weekly Success Plan” resource that can be used for team members and new hires.

Four Agreements in the Workplace

Inspired by the bestselling book “The Four Agreements: A Practical Guide to Personal Freedom” by Don Miguel Ruiz that has sold over 10 million copies in the US. This workshop includes an overview and deep understanding of the Four Agreements, self-reflective exercises and open discussions to support your team to integrate these powerful concepts into both their personal and professional lives.

The Power of Mindfulness

This workshop provides an in-depth overview of the 3 Pillars of Mindfulness that will support participants to deepen their connection to self to ultimately improve all areas of their life. A follow up resource is included to support participants to integrate Mindfulness into their daily lives.

Redefining Boundaries

This workshop guides participants to understand how to reframe and create boundaries to support each area of their life so they can have more energy, respect and healthier personal and professional relationships. Includes a follow up resource “Agreements to Self”.

Nurse Coach FAQ

What is a Nurse Coach?

A Nurse Coach is a Registered Nurse trained in the art and science of Coaching. Nurse Coaches promote and facilitate growth, healing and wellbeing by using evidence-based coaching methodologies and a whole-person approach. A Nurse Coach provides unconditional support, motivation and empathy that empowers their clients to reach their full potential. Nurse Coaching is a co-creative process that bridges the gap from where the client currently is, to where they desire to be. A Nurse Coach can work in any setting, with any client population and always stays within their scope of practice as an RN.

How is a Nurse Coach different from a Life Coach, Health Coach, etc.?

Nursing is the only profession that has created a Board Certification for the modality of Coaching. This Board certification was established in 2012 by the American Holistic Nurses Association and is nationally accredited and magnet recognized. It is the only Board Certification in the Coaching industry that comes with a professional scope and standards of practice. The Board Certification process is overseen by the American Holistic Nurses Credentialing Corporation.

Learn more: <https://www.ahncc.org/certification/holistic-nurse-coach/>

What is the training for Nurse Coaching?

Nurse Coaches are required to have several years of nursing experience as a foundation to begin Nurse Coaching training. Jennie's education for Nurse Coaching was through a peer reviewed, accredited education provider approved by the American Holistic Nurses Association. In order to be Board Certified, a Nurse Coach must complete 60 CNEs minimum and 60 hours of supervised Coaching to sit for the examination to obtain their credentials. Learn more: <https://thenursecoaches.com/tnccp/>

Where do Nurse Coaches work?

The possibilities are infinite for Nurse Coaches. Some of the most common applications of the role include Private practice, contracting with corporations, hospitals, clinics and partnering with other wellness providers.

Testimonials

"Jennie was able to create authority and respect from a group of people who never met her. She kept everyone captivated! What we heard most from our attendees was that she really helped them to learn to integrate mindfulness in such simple and achievable ways. The greatest benefit to our team was learning to center themselves, creating healthier flows in their business that will overflow into their lifestyle."



- WLMA



- Medtronic

"Jennie is an impactful, authentic, and genuine facilitator. She provided a coaching workshop that provided valuable information, engagement, and follow-up resources. Jennie prompted group discussions with meaningful questions we are still talking about weeks after her workshop. I would love to have another opportunity to work with Jennie, and I highly recommend her to anyone looking for a PD opportunity for their team."

"Jennie helped to inspire and empower the participants. She has such an authentic way of sharing her story and speaking from her heart. Jennie has a professional presence and has a gift for articulating her thoughts in a way that resonates with people. The greatest benefit was Jennie sharing her story and what it took for her to get where she is today. Jennie is super insightful, professional, and authentic!"



- Amy Natalie Co



- Nassau Financial Group

"Jennie was wonderfully engaged, answering many questions, but also offering thought-provoking topics. Everyone agreed that Jennie had wonderful/inspiring energy. The number one thing we will remember from our experience with Jennie was the bond between the women in the room. We all felt comfortable engaging and sharing our own stories and barriers, and Jennie offered guidance. If you are considering partnering with Evolving Heart, DO IT!"

Contact

Jennie Lynn, RN, BSN, NC-BC is a Board Certified Nurse Coach & the Founder of Evolving Heart, LLC

For more information and availability, contact

Jennie directly at info@evolvingheart.org.