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# Beth Jenson

Beth Jenson is a ICF certified (ACC) leadership coach, manager coach and personal coach who is also a licensed mental health counselor (LMHC). She engages clients at all levels to broaden their self-awareness, emotional intelligence and relational skillset, and develop a psychologically healthy mind-set which creates wider possibilities for behavioral change.

As a staff tutor at Henley Business School in Copenhagen, Denmark, Beth assists corporate leaders become certified executive coaches and discover their own coaching voice with a wide range of evidence-based models, tools and techniques within psychological frameworks.

Beth relocated to Copenhagen, Denmark in 2019 with her husband and two teenagers.

## At Coppei Collective:

As a coach, Beth provides intelligent support to leadership teams and individuals. She offers a wide range of strategic interventions to meet developmental goals and warmly engages her clients with well-honed techniques, empirical research, and a good dollop of humor.

Beth has a unique niche in coaching Neurodiverse professionals and raising emotional intelligence and “soft skill” performance in highly-technical teams. As a lifelong advocate for diversity, Beth’s mission is to facilitate psychologically safe workplaces for all.

## Education and Experience:

Beth is a leadership coach and psychotherapist with 15 years experience and holds a MA in Applied Behavioral Science, Systems Counseling from Bastyr University’s Leadership Institute of Seattle, WA. Beth is a Henley Business School Certified Executive coach, an ICF Associate Certified Coach (ACC), a fully-licensed counselor (LMHC) and approved supervisor with over 14,000 session hours, and a team coach specializing in facilitating organizational health in high-powered teams. She has mentored managers and clinicians in systemic health, is certified in Agile for Human Resources, delivered more than a hundred custom workshops, and is currently a tutor of the Professional Certification for Executive Coaching (PCEC) program at Henley Business School in Denmark.

## Trainings and Workshops Include:

* The Anxious Leader: Practical Stress Management for People in Leadership
* Safe to Innovate: Fostering Psychological Safety in Teams
* Our North Star: Aligning Teams Toward a Common Goal
* Generationally Speaking: Understanding Management Needs of Gen Y/Gen Z
* Listening Management: Learning, Coaching, Modeling Ideal Listening Styles
* Mitigating Meltdowns: The Predictable Rhythm of Staff Emotional Needs
* Tired Brain: When Fatigue Impedes Performance

## About Leadership:

“Pull a thread here and you’ll find it’s attached to the rest of the world.”

― Nadeem Aslam