



# SERVE, SMARTER.

Introducing Triune's New Servant Leadership Coach  
specializing in Emotional intelligence (EQ).

"Emotional intelligence training should form part of a necessary component in the development of servant leaders."

-- SA Journal of Industrial Psychology

## Meet Sara Thingvold, MCLC



### *Sara's Areas of Expertise*

Servant Leadership  
Emotional Intelligence  
Emotional Regulation  
Extreme Self-Care (Mind-Body-Spirit Connection)  
Family Systems

### *Sara's Services*

*1:1 Coaching*  
*Small Group Coaching*  
*Couples Coaching*  
*Family Coaching*  
*Family Portraits*  
*Online Book Studies (Coming soon!)*

Deepen your Emotional Intelligence (EQ).  
Equip yourself to lead Jesus' way inside your most emotionally challenging relationships  
and situations...both at work and at home.

Email [Sara@TriuneLeadershipServices.com](mailto:Sara@TriuneLeadershipServices.com) or call (651) 324-9239.

**SERVE, SMARTER.**



# Benefits You will Experience Working with Sara Thingvold

## Strengthen Your Servant Leadership.

Partner with Sara and get equipped with tools proven to heighten your emotional intelligence (EQ). Become a team member who can recognize and deliver the support your colleagues need. Understand how applying heightened EQ takes your servant leadership to the next level and improves your own and others' engagement, productivity, and delivery upon Key Responsibility Areas (KRAs).

## Deepen Your Emotional Regulation.

Get straightforward strategies to care for yourself, regulate your emotions, embrace deeper vulnerability and authenticity, and shift your own and others' self-defeating habits. Learn proven strategies to change your behavior within your key action areas so that you can serve more meaningfully and effectively. Understand the steps you can take to foster the development of emotionally healthy relationships and teams.

## Improve Your Mind-Body-Spirit Connection (Extreme Self-Care).

Learn the practices of Extreme Self-Care and improve your Mind-body-Spirit connection. Heighten your self-awareness and pinpoint the habits that erode your mental, spiritual, and physical well-being. Get strategies for managing your personal and professional commitments without sacrificing your health, relationships, or the fulfillment of your KRAs.

## Bolster Your Family System.

Sara is a Trained Gottman Institute Leader for Emotional Coaching, which means that her coaching approach leverages 40 years of extensive research into happy vs. distressed couples. Did you know that all couples enter marriage with a 50% chance of failure, and that 87% of marriages begin to drastically disintegrate after the birth of the first baby? Partner with Sara, and get equipped with tools proven to help you heighten your EG, prevent the disintegration of your marriage and family, and become an emotionally responsive partner and parent.

## Become the servant leader God created you to be.

God asks more of us, as faith-based servant leaders. Partner with Sara, and clear away the emotional roadblocks standing between you and the servant leader God created you to be.







## Get to know Sara...

### Professionally...

Sara Thingvold is passionate about partnering and encouraging others toward heart revival and servant leadership.

Sara holds the following credentials:

- + Certified MCLC (Master Certified Life Coach)
- + Assistant Facilitator, Learning Journeys International Center of Coaching
- + Gottman's Trained Leader, 7 Principals of Making Marriage Work and Bringing Baby Home
- + Practitioner, Mastery, and Narrative Coaching Certifications
- + B.A. Psychology, University of Nebraska-Lincoln

### ...and Personally.

Sara's heart lives with her family. She and her husband Greg have been married for 25 years. She is a proud military spouse whose husband served 32 years in the Army National Guard. Sara, Greg, and their two children Derrick and Brooke Lynn served alongside one another through two deployments.

A former Division 1 volleyball player for the University of Nebraska-Lincoln, Sara coached volleyball within USAV and local high school volleyball teams for a combination of 21 years.

Sara loves the outdoors, working out, and being intentional about deepening her own wellness.

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# FAMILY PORTRAIT

*A life-changing experience for your family.*

## What is a Family Portrait?

A Family Portrait is a frameable document of your family's unique Foundation: the essence of what God put your family on Earth to accomplish. Through creating your Portrait, you align Jesus' model of servant leadership with your family's unique calling. You create a visible reminder to help your family live a life of faith-fueled intention.

## How do you create a Family Portrait?

Sign up for your Family Portrait retreat, which includes 4 Sessions with trained Triune Leadership Coaches. During these fun, relaxed, encouraging, and inspiring sessions, your family will:

- + Receive an overview of the Leading Jesus' Way Model of Servant Leadership.
- + Engage activities to build your family's unique Foundation: Your Purpose, Values, Vision, Norms, Roles & Responsibilities, Goals, and Communication Strategy.
- + Gain understanding of how to blend your faith, character, and life planning in order to build your desired family culture, make key decisions, and interact together meaningfully and productively in every day life.

## Praise for Triune's Family Programs:

*"I found the Family Portrait Sessions valuable in my personal life. The tools and strategies were very valuable really like what the vision that was presented - so useful for building a framework for our family going forward! Ideally, I would have preferred to do the sessions in 4-6 bi-weekly sessions so then there is more time to work through the discussion portions. The Family Portraits retreat helped my wife and I to create a blueprint for our family Purpose, Vision, and Values. We plan to utilize this daily in our family life as a guide in growing together, focusing on the things that are truly important to us"*

-- Caleb Baker

## Your Instructor:

Sara Thingvold

Servant Leadership Coach, ICF Executive Coach, Master Certified Life Coach, and Trained Leader of Gottman Institute's 7 Principles of Making Marriage Work and Bringing Baby Home.



## Enroll now or learn more:

Sara@TriuneLeadershipServices  
(651) 324-9239



# FAMILY COACHING

*A life-changing opportunity for your family.*

## What is Family Coaching?

A “coach” is a transporter of something valuable from one location to another. Family Coaching, then, is a unique partnership with you and your loved one to help in the transportation and strengthening of your relationship from one season of life to another.

## How Does Family Coaching Work?

Drawing upon the Leading Jesus’ Way Model of Servant Leadership and The Gottman’s Institute’s psycho-social education material, you will acquire a portfolio of cognitive, somatic, social learning, and structural development tools, techniques, and strategies to help you live a shared life of service, intention, love, and respect.

## Why Is Family Coaching Important?

In healthy relationships, each partner is responsive to the other. In Family Coaching, you and your loved one will receive easy to apply strategies to embrace deeper vulnerability and authenticity and gain an understanding of how to communicate and serve one another with more fondness and admiration. You’ll learn how to foster the development of an emotionally healthy relationship, even inside your most emotionally challenging situations.

## What Sessions Are Available?

- + Coaching sessions uniquely crafted for you pending the season of your relationship
- + Gottman Institute’s program: *7 Principles of Making Marriage Work*
- + Gottman Institute’s program: *Bringing Baby Home*

## Your Family Coach:



**Sara Thingvold**  
Servant Leadership Coach, Master Certified Life Coach, and Trained Leader of Gottman Institute’s *7 Principles of Making Marriage Work* and *Bringing Baby Home*.

*“Sara is a blessing and I am so grateful for her! She listens and gives you the skills you need to do life and do it well. She seeks to understand and guide in gentleness, patience, and wisdom that kept me going. We need people to help us “do life” and Sara is a great person to find that help!”*

-- Martha McDaniel, Twin Cities, MN

## Contact Sara to learn more:

Sara@TriuneLeadershipServices  
(651) 324-9239