



LIFEWORKS

COACHING & DEVELOPMENT INSTITUTE



COACH INFORMATION SHEET

JEANNETTE HOOK, BA, MS

SHORT BIO

Jenny is a supportive, steady coach who brings a warm, practical, and grounded style to her work. With years of experience helping people through major life changes, she focuses on clarity, confidence, and resilience. Jenny excels at guiding clients through personal transitions, identity growth, goal setting, and developing healthier daily patterns that support long-term success.

Her coaching blends clear communication, values exploration, accountability methods, and structured planning. She works especially well with adults seeking direction, people navigating new chapters in their lives, and individuals who want to strengthen self-trust, balance, and purpose. Clients experience her as relatable, calm, and encouraging, with a strong ability to help them stay focused and move forward.

Jenny's approach is honest, collaborative, and centered on steady, meaningful progress. She brings life experience, professional insight, and a consistent, balanced presence to every session.

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(603) 556-4360

EDUCATION

Granite State College
~ Bachelor of Science in Psychology

Springfield College
~ Master of Science in Counseling

COACHING SPECIFICS

- Life Transitions and New Beginnings
- Confidence and Personal Development
- Stress Navigation and Daily Balance
- Communication and Interpersonal Effectiveness
- Values Clarification and Purpose Work
- Organization, Planning, and Follow-Through
- Career Exploration and Direction Setting
- Healthy Routines and Habit Building
- Self-Esteem and Identity Growth
- Support During Major Personal Changes

AGES

- Young Adults
- Adults
- Elderly

POPULATIONS

- Individuals
- Couples
- Group Coaching

COACHING FRAMEWORKS

- Solution-Focused Coaching
- Accountability and Progress Tracking
- Strengths-Based Personal Development
- Values-Aligned Goal Setting
- Mindfulness-Informed Coaching
- Growth Mindset Models
- Communication and Self-Expression Coaching
- Reflective Insight and Awareness-Building
- Planning and Action-Focused Approaches
- Routine and Habit Optimization