





Jancock Inward Inquiry, LLC Founder

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www.inwardinquiry.com

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Lucy is an entrepreneur, coach, and organizational facilitator. She customizes experiences for a wide variety of organizations, helping to evolve their workplace cultures by fostering healthy relationships. She has coached hundreds of clients, sparking transformative conversations about behaviors, patterns, and relational dynamics.

Lucy is a Fulbright Scholar who received her master's degree in Conflict Resolution from Dominican University. She holds certifications in Mediation and Negotiation through the National Mediation Board.

For the past 14 years, Lucy has worked in the world of international higher education where she fostered partnerships abroad, facilitated intercultural communication trainings, and built relational bridges within Omaha's local and global communities.

Her extensive international experience has provided her with valuable insights that she has incorporated into organizational facilitation. She believes that strong relationships are essential to the human experience, and therefore, a vital component in workplace environments.

Mission:

To create a space for clients and organizations to step into the fullness of their authenticity, empowerment, and potential through the development of healthy relationships.

Professional Credentials:

- Bachelors Degree & Master's Degree in Conflict Resolution
- Completion of Positive Intelligence Coaching Program
- Certified Dale Carnegie Leadership Trainer
- Completion of 30 Hour Circle Practice Training
- National Mediation Board 40 Hour Certification

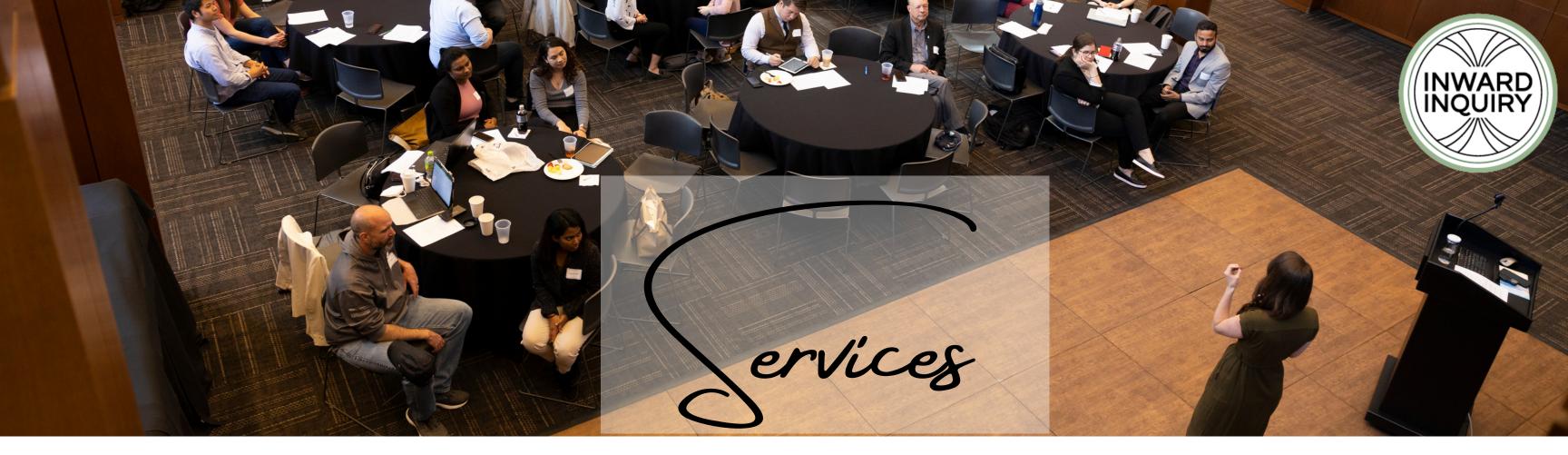
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Individual Consultations/Coaching:

Individual consultations allow Lucy to get to know each member of your team on a deep level. Especially prior to any Group Dialogue or Workshop, it's important to know what's working well, what's not, and what each individual needs to thrive.

During these conversations we discuss why you do this work, personal strengths, and your perspective on the team's dynamic. In order to work productively on a team, we have to first know ourselves.

Using the Positive Intelligence coaching model, we uncover barriers, behavioral patterns, and strategies for reframing challenges into opportunities.

Group Dialogues:

Group Dialogues create intentional spaces for every voice to be heard, regarding a specific topic that has surfaced through Individual Coaching sessions. Lucy guides the dialogue, asks thoughtful questions, and allows the conversation to organically unfold.

Not only do these spaces deepen relationships, but they also enhance team communication and collaboration - resulting in a stronger sense of purpose and belonging.

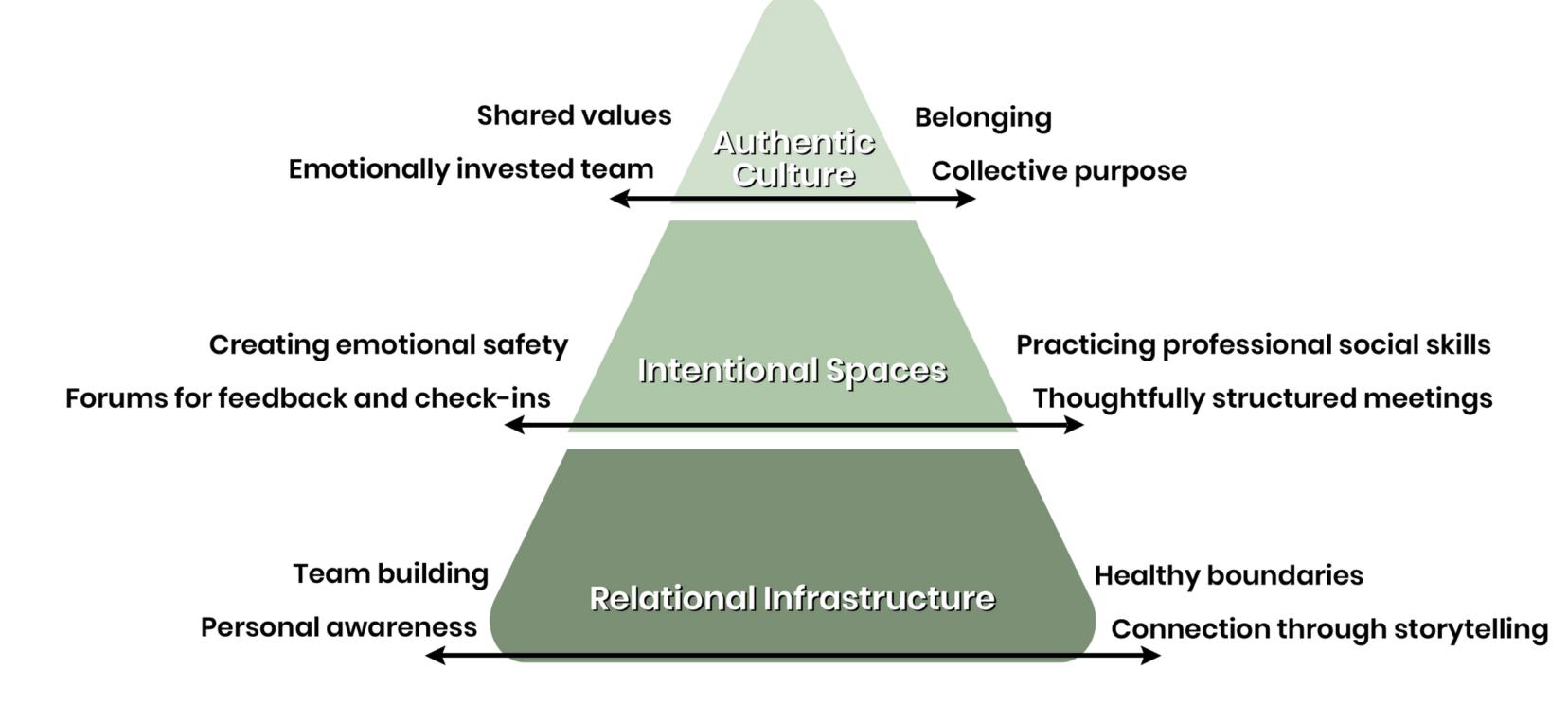
<u>Workshops:</u>

Workshops are an educational, interactive 1-3 hour experience where participants engage in small group and 1:1 discussions with plenary debriefs. There are a variety of topics shown below. Do you have another idea? Let's talk! Lucy can customize workshops to meet your specific needs.

- Relationship-Building Workshop
- Codependency and Boundaries in the Workplace Workshop
- Self-Care and Work/Life Balance Workshop
- Conflict Management Workshop
- Annual Review and Goal Planning Workshop







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Option 1: Six Month Intensive

- Initial Individual Consultation/Coaching sessions
- Monthly Group Dialogues

Option 2: Deepened Team Dynamics

- Initial Individual Consultation/Coaching sessions
- Monthly Group Dialogues (10 in total)
- Concluding Individual Consultation/Coaching sessions

*Ideal for those who want to focus more on team dynamics

Option 3: Enhanced Individual Support

- Every other month Individual Consultation/Coaching sessions (6 in total)
- Every other month Group Dialogues (6 in total)

*Ideal for those who want to focus more on individual support

Partnership Pathways

All services are customizable and may be substituted with alternative options. Additionally, Lucy strives to work within each client's financial needs, so please do not hesitate to disclose your budget so she can create a custom proposal for you.



