



# It's Time To Thrive! to flourish, to succeed



**you** HAVE THE **power**

## Gabrielle Hamen

Consultant, Speaker, Author

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### Most Requested Programs

#### Thrivorship Power Tool for Personal Success

*7 steps to lead a life of hope, resiliency and courage*

#### Thrivorship: Power Tools for Management Success

*How to lead organizational change*

#### Take The Con Out of Conflict Management

*Improve your bottom line with effective conflict resolution*



Known as the Velvet Hammer, Gabrielle is relentless in getting to the heart of the matter during conflict and change. Her bold, passionate and interactive style brings her Thrivorship principles to life and gives her clients the tools they need to thrive.

After overcoming years of adversity in her own life, Gabrielle emerged from barely surviving, to thriving! Along the way she learned about perseverance, change and what it takes to go beyond the norm in business and relationships. Her first book, ***Thrivorship: Power Tools For Success.*** teaches the seven tools needed to thrive through any challenge, choice or change.

Whether Gabrielle is consulting with managers, speaking to congregations and audiences, or coaching individuals her faith and zeal for human potential is contagious. She skillfully combines real life stories with practical applications that help you nail your success!



### Services

Speaking  
Consulting  
Coaching

10% of all fees go toward the charity  
[youhavethepower.org](http://youhavethepower.org) to prevent sexual harm



# Testimonials

**Watch Gabrielle in Action**  
<http://vimeo.com/channels/90094>

**"She is dynamic, inspirational!"** Pat D., Healthcare Provider

**"You have a message everyone must hear"** Ken M., Professional Coach

**"Gabrielle's program made me think about the type of person I am, what I want to be, and how I can reach that goal!"** Lisa T., St. Paul Chamber of Commerce

**"I was encouraged by Gabrielle"** Attendee, Ridgewater College

**"I loved your energy and enthusiasm. I left feeling happy and powerful."** Sharon R., Clothing Consultant

**"A kind of Erin Brockovich for the Midwest."** Scott J., Instructor, Sales Associate

**"I wish that she could have talked longer"** Bryan L., Project Manager, Qwest

**"You are an engaging, creative and powerful presenter. You kept us involved and left us motivated and eager to make positive changes at work. It is showing up in the ways people work and interact with one another."**  
Kris T., Minnesota Children's Museum

**"Gabrielle was very easy and positive to work with. We would definitely invite her to speak again."** Edee S., Wheaton College

**"Great job by Gabrielle. Keep this training in!"** Alison G., Southwest Minnesota State University

**"Gabrielle is a very effective speaker with an extremely informative presentation"** Lynn M., College of St. Catherine



# Client List (partial)

Ameriprise Financial  
Cargill  
General Mills  
Minneapolis Children's Museum  
Minnesota Department of Health  
Qwest  
Target  
United Properties  
United Way  
Wells Fargo  
  
College of St. Catherine  
Concordia College  
Normandale Community College  
Ridgewater College  
Southwest Minnesota State University

Association of Occupational Nurses  
Business & Professional Women  
Minnesota Women of Today  
North Memorial Women's Center  
Professional Insurance Women  
Stop It Now!  
Working Family Resource Center  
  
LaGrange Bible Church  
Crossroads Alliance Church  
Overcomers Outreach  
Presentation Sisters Women's Retreat  
St. Paul Area Council of Churches  
Wheaton College  
Woodland Hills Church



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## Rave Reviews

*"Thrivorship is a great roadmap to professional success and personal happiness. We all face adversity; the question is what do you do about it? Ms. Hamen has learned how to turn adversity into a character building experience. She helps each of us learn how to "not just survive, but thrive" regardless of what life throws at us."*

Janet Dolan, former President and CEO of Tennant Company

*"An exciting invitation to self-exploration for men and women. This book is a clear, practical guide for those who are ready to embrace a new way of life. One that moves them further than merely surviving, towards a life of empowerment and Thriving!"*

Debbie Krovitz, Licensed Psychologist

## Take Our FREE Assessments

### Are You A Thrivor?

[youhavethepower.biz/  
thrivorAssessment.html](http://youhavethepower.biz/thrivorAssessment.html)

### Is Your Organization Thriving?

[youhavethepower.biz/  
cultureAssessment.html](http://youhavethepower.biz/cultureAssessment.html)



### **Thrivorship: Power Tools for Success**

provides the tools, techniques and real-life stories to help you negotiate any type of challenge, choice or change.

#### **Tools:**

**Fear:** Courage and confidence are gained every time you look fear in the face and learn you can handle it.

**Change:** There's a time for everything and a season for all things under the sun.

**Support:** No one can do it all by themselves. Support lays the foundation to prosper, grow and thrive.

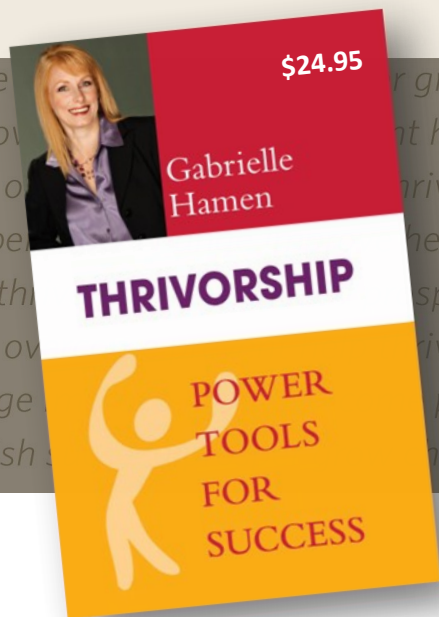
**Forgiveness:** A powerful assertion that bad things won't ruin your life.

**Purpose:** Success comes when you become what you were created to be.

**Tenacious:** Never let your actions be influenced by your fears; believe and achieve.

**Risks:** Growth opportunities to obtain your goals and dreams.





# A look inside

A companion workbook can be purchased for \$12.95. It's filled with exercises to encourage, challenge, motivate and inspire you to thrive!

## Table of Contents

### **Ch. 1 What's So Great about Adversity**

*What is Adversity?; Why is Adversity so Important?; From the Ashes*

### **Ch 2: Thrivorship and the Power Tools for Success**

*Reactions to Adversity; What is Thrivorship?; Traits of a Thrivor; What are the Power Tools for Success?; BJ's Story – The Long Race*

### **Ch. 3: Power Tool 1: Fear**

*What is Fear?; Why is Fear Important?; What Does Fear Sound Like?; Confidence Diminishes Fears; Becky's Story – Taking a Bite out of Fear*

### **Ch. 4: Power Tool 2: Change**

*What is Change?; Reasons for Change; What are the Phases of Change ; A Model of Change: IRA; Resisting or Accepting Change; Marilyn's Story – A New Normal*

### **Ch. 5: Power Tool 3: Support**

*What is Support?; Building Trust; Who is in Your Support Network?; Jean's Story – Impact of a Mentor*

### **Ch. 6: Power Tool 4: Forgiveness**

*What is Forgiveness?; Myths and Truths of Forgiveness; What 'Unforgiveness' Sounds Like; The Choice to Forgive; How to Forgive Using the PERL Method; Robyn's Story – Forgiveness and the Truth Shall Set You Free*

### **Ch. 7: Power Tool 5: Purpose**

*What is Purpose?; Talents; Personality; Values; Passions; Christopher's Story – The Advocate*

### **Ch. 8: Power Tool 6: Tenaciousness**

*What is Tenaciousness?; Belief; Tenacity; Perseverance; Courage; Kathy's Story – Moving You On*

### **Ch. 9: Power Tool 7: Risks**

*What is Risk?; Are You a Risk Taker?; Get Out of Your Comfort Zone With the Risk Opportunity Indicator(ROI)*

### **Ch. 10: Workplace Adversity**

*Survivor Syndrome; Effect on the Bottom Line; Case Study: Doing More With Less; Thrivor Syndrome; Managing the Transition to Thrivorship; Case Study – A Thriving Organization in Action*

### **Ch. 11: It's Time To Thrive!**

*Why Thrive?; Call to Thrive; Update; Jeff's Story – The Best Day and the Worst Day of My Life!*



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## Coaching



**Coaching Programs**

**Call To Thrive! Coaching**  
*7 steps to lead a life of hope, resiliency and courage*

**Powerful Communication**  
*Communicate and present your ideas with confidence*

Coaching is one of the leading tools successful people use to live extraordinary lives. Through regular coaching sessions, you will identify what is most important to you and align your thoughts, words, and actions accordingly.

Gabrielle offers two coaching programs that will improve your performance and enhance the quality of your life and career. You will receive honest feedback, support, inspiration and challenges to help you produce the results you desire.

**Take Our FREE Assessment**

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[youhavethepower.biz/  
thrivorassessment.html](http://youhavethepower.biz/thrivorassessment.html)

### Call To Thrive!

What is Thrivorship?

Do you remember or know of the toy called Weebles? It was an egg shaped toy decorated like little people with a weighted bottom. The weighted bottom keeps them from falling over. The tag line was "Weebles wobble but they don't fall down." This is the essence of Thrivorship. Adversity may make us wobble, but Thrivorship won't allow us to fall down or give up.

#### Benefits of Call to Thrive! Coaching

- Turn fear into fuel and drive yourself to success
- Manage change enthusiastically and effectively
- Receive encouragement and accountability as you achieve your goals
- Unleash wasted energy
- Discover and utilize your strengths
- Increase courage and confidence with each step you take
- Take opportunities and achieve more - much more than you ever thought possible

### Powerful Communication

Communication is vital to professional and personal success. Promotions are withheld, sales are lost and messages are missed without solid communication and presentation skills. With Powerful Communication Coaching you will identify your communication strengths, weaknesses and goals then we will design an action plan to turn your strengths into assets, your weaknesses into strengths and your goals into confidence.

#### Benefits of Powerful Communication Coaching

- Increase confidence
- Gain respect from peers and supervisors
- Learn how to use the tools that professional speakers use
- Remove nervous energy
- Discover and utilize your strengths



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## Consulting

As a former software consultant and trainer Gabrielle was hired to radically change how her clients did business by changing their operational software systems. For years she watched productivity and profitability drop due to staff reactions and resistance to the changes. The symptoms were:

Higher	Lower
Conflict	Productivity
Turnover	Trust
Paranoia/ Gossip	Concentration
Absenteeism	Energy
Unethical behavior/Fraud	Creativity
Insecurity	Self-esteem
Anger/ Frustration	Quality of work
Complaints	Morale
Fear/Anxiety	Loyalty
Confusion	Collaboration

We all know change is inevitable. Equally inevitable are the different reactions people have to change as organizations develop new goals, policies and procedures, confront new demands, and face changing resources.

As a result of change, people are often dissatisfied and hurt which damages relationships and creates conflict. The state of relationships between people in the organization is critical for job satisfaction and productivity. It's in the management's best interest to manage the impact of change and resolve difficult situations in order to:

- Rebuild relationships and morale
- Improve trust and collaboration
- Increase job satisfaction and productivity
- Demonstrate that staff is valued
- Lower turnover, absenteeism, stress and conflict

Gabrielle offers a range of conventional and restorative justice services which are designed to develop productive organizations, facilitate changes in organizational culture and build strong relationships.

**Specialties:**

**Change Management**

**Conflict Resolution**

**Restorative Justice**

**Qualifications**

- Qualified Mediator
- Circle Process Facilitator/  
Restorative Justice Facilitator
- Victim Offender Mediator
- Co-Active Leader
- Co-Active Coach
- Certified Microsoft Application Specialist
- Certified Volunteer Leader
- Life Keys Trainer
- Think on Your Feet Business Communication
- Bob Pike Train-the-Trainer Boot Camp
- Computer Science Degree'
- Accounting Degree

**Affiliations**

- American Society of Training and Development (ASTD) Member
- National Speakers Association Member

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