

MEGAN THOLE

LEADERSHIP COACH & STRATEGIC
ADVISOR

Hello MindfulYou

Thole Advisory Co.

STRONGER LEADERS HEALTHIER WORKPLACES

Megan helps organizations align people, leadership, and strategy to create more sustainable, emotionally intelligent ways of working and leading.



ABOUT MEGAN

Megan Thole is a leadership coach, strategic advisor, and founder of [Hello Mindful You](#) and [Thole Advisory Co.](#) With 14+ years of leadership experience and expertise in change management, coaching, and leadership development, Megan helps organizations strengthen leadership, communication, and workplace culture through practical, human-centered strategies.

HOW I HELP



SUSTAINABLE LEADERSHIP

Help leaders reduce reactivity, navigate pressure effectively, and create healthier ways of working.



EMOTIONAL INTELLIGENCE AT WORK

Strengthen communication, self-awareness, and team dynamics to improve workplace culture and collaboration.



LEADERSHIP THROUGH CHANGE

Equip leaders with practical tools to navigate uncertainty, build trust, and lead through change with confidence.



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Leadership, mindset, and workplace well-being

Help leaders and teams communicate more effectively, manage stress, and lead with greater self-awareness and confidence.

Organizations bring this work in for: stress and burnout, leadership development, communication challenges, employee engagement, and team dynamics.

Training Topics

- Building Emotionally Intelligent Leaders
- Stress Management & Sustainable Performance
- Confidence, Mindset & Overcoming Self-Doubt
- Mindfulness for Focus & Better Decision-Making

Strategy, alignment, and execution

Support organizations in navigating complexity, aligning priorities, and moving strategic work forward with clarity.

Organizations bring this work in for: strategic planning, organizational change, leadership alignment, competing priorities, and operational clarity.

Facilitation & Training Topics

- Strategic Planning Facilitation
- Organizational Alignment & Prioritization
- Leading Through Change & Organizational Transition
- Better Decision-Making Under Pressure



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