



Power Hours: Engaging Employees, Elevating Results

2025 studies show employee engagement and retention are at crisis levels, with only 31–33% of US employees feeling actively engaged and 46% planning to look for new jobs within the next three months. Meanwhile, 16–18% are so disengaged they're actively working against company goals, contributing to staggering turnover costs of up to 200% of an employee's salary. Beyond pay, workers are leaving in search of better culture, leadership, and career development. Ineffective onboarding and poor management are driving them out the door even faster. ***Companies that invest in meaningful engagement see up to 23% higher profitability and 28% stronger customer satisfaction, yet most struggle to create the supportive environments needed to keep talented people motivated, loyal, and thriving.***

What if you didn't have to carry the weight of employee engagement alone? What if your employees had regular access to a trusted business coach who not only understands strategy but deeply gets the human side of work so you can focus on leading while they feel supported, motivated, and seen?

With my **Power Hours** program, your team gets exactly that. You choose the plan based on the number of employees you'd like to include, and each participant receives scheduled half-hour one-on-one coaching sessions dedicated to supporting them as they help drive your business goals. These sessions give your employees a dedicated space to work through business challenges, leadership goals, or personal roadblocks that impact their work.

Business is made up of people. And when people feel seen and supported, businesses thrive.

If you're not sure about me yet, that's okay. You deserve to know who you're working with. Over the past ten years, I've spent more than 6,000 hours in training, practicum, clinical hours, and real, in-session client work. This isn't just theory; it's thousands of hours of real-life transformation, both personal and professional.

Before launching my encore career as a coach, I spent 24 years in corporate America at a Fortune 100 company. 15 years were spent leading a department I built from the ground up **with zero turnover**. As an aside, I was in learning & development so I can tell you first hand, a one-and done training or engagement event won't cut it when it comes to employee engagement.

Here's a bit more about my background:

- 10+ years of merger & acquisition experience, including key roles in the Norwest/Wells Fargo and Wachovia/Wells Fargo mergers, with a focus on onboarding acquired businesses and aligning teams
- Nationally & internationally recognized for excellence in leadership | 2004-2018
- Certified Professional Coach | 2015
- International Coach Federation Training: Associate Certified Coach | 2018
- Platinum Results Coach with the Tony Robbins organization | 2019-2024
- Published author | 2021
- Certified Nervous System Fitness Coach | 2025

But you don't have to take my word for it...

Client Testimonials

Exceptional. Jennifer brings all of her experiences to the table to deliver results as a professional coach who maintains high integrity and accountability at each step. Her coaching works, quite simply, because she does the work to implement the systems that will take you to where you'll constantly be needing to set the "next goal".

~Julie N. CEO & Founder

Jennifer's ability to continually keep me on track and bring my focus to what's actually important was so appreciated. Having a coach that was willing to allow me to work through personal roadblocks and professional business blocks during sessions - Priceless! ~Lisa DeBoer, CEO

Jenn's coaching has been one of the most transformational forces in my life, and I have been with her for four years. Professionally, her coaching helped me navigate the complexities of corporate life, allowing me to thrive and stay longer than most in a high-performance role, and get reappointed to top flight university teaching faculty. ~Linda M., Faculty & Entrepreneur

Jennifer's ability to listen deeply to my challenges and ideas stood out from the very beginning. She has an incredible knack for providing assertive insights and thoughtful questions, which helped me see things from new perspectives. Her approach consistently pushed me to think differently and make meaningful progress. Thanks to Jennifer's coaching, I've achieved all the personal and professional goals I set for myself, and I can confidently say that her guidance made a significant impact on both aspects of my life. ~Gustavo N. Author & Entrepreneur

Why hire an employee engagement coach?

Studies show coaching for employees has a clear, measurable impact on key areas within an organization. Here are some possibilities:

Improved performance and productivity

- Coaching can boost productivity by up to 53%
- Helps employees develop new skills, refine existing ones, and perform more effectively
- Accelerates learning and adaptability to new work demands

Increased engagement and retention

- Strengthens personal investment and job satisfaction
- Lowers turnover rates, saving costs on recruitment and training
- Builds stronger commitment between employees and the organization

Stronger leadership and teamwork

- Develops leadership skills at all levels
- Improves communication and collaboration, creating high-performing teams
- Enhances relationships among employees and leaders

Financial return on investment (ROI)

- Research shows a positive ROI, with some studies reporting a median ROI of 700%
- A MetrixGlobal study found a 788% ROI from increased productivity and retention

Other measurable benefits

- Retain and Reallocate Talent: Guides redeployment and internal mobility to keep valuable employees engaged in evolving roles.
- Boost Skills and Performance: Supports upskilling and reskilling to prepare employees for current and future needs.

Contact me to schedule a conversation: jennifer@mojowithjennifer.com | 612.799.1531 | LinkedIn: [Jennifer McCullough](#)

Investment Details

Number of Employees	1-5	6-10	11-15	16-20
Paid in Full	\$35,000	\$65,000	\$95,000	\$125,000
Monthly Investment	\$2,915	\$5,415	\$7,915	\$10,415

Note: Includes Owner/CEO executive coaching; minimum 12-month commitment required.