

Stephanie Giese



“Coming from an applied business background, my teaching philosophy is based on building experience and skills. In addition to mastering course content, these skills include critical thinking, effective communication, work ethic, and life skills such as time management, punctuality, and attendance. Further, I encourage participation, participation, participation. Students will get out of their experience what they put into it, and will enrich the lives of classmates and instructors in the process.”

Stephanie holds a visiting professor position at Lyndon State College. Subjects of focus include applied mathematics, financial accounting, and productivity software applications. Her educational qualifications include a Master of Science in Management Science and a Bachelor of Science in Mathematics. She has been teaching business courses for Lyndon State College since fall 2014. Further, she has been teaching Mathematical Concepts and Career Readiness courses for the Community College of Vermont since 2009.

Stephanie’s professional career has been built by applying her analytical and technical experience and knowledge through various roles in a variety of business environments. These roles range from management consultant to project manager to partner, and now professor. Training, mentoring, and coaching clients, staff members, and associates have been an element of almost every one of her professional

roles. Training sessions have included varied content, such as process methodology, complex calculations, technical functionality, software usage, and professional presentations. This diverse, real-world backdrop has enabled her to enrich the educational experience of her students—traditional and non-traditional alike.

EDUCATION

Case Western Reserve University

MS in Management Science with concentration in Management Information Decision Systems, 1994

Westminster College

BS in Mathematics with concentration in Computer Science, 1992

Meet our TRAINERS

Jamie Struck



“The team building and adventure activities I develop reinforce management principles in a hands-on way that fosters mastery of those skills. The added bonus is that it creates a deeper sense of trust and cooperation among participants, forming a special bond.”

A veteran group development and leadership facilitator of over 20 years, Jamie has seen and worked with a tremendous number of people as they work to become smoother operators in their respective fields, iron out lines of communication, and figure out what makes them tick. Sports teams, school groups, and small businesses—Jamie’s worked with them all, striving to find those pieces that help push participants to a new level. He’s been able to transfer these skills in teaching rock climbing, mountain biking, and skiing, leading groups all over the country in search of adventure.

Jamie’s approach to facilitation and training has been twofold throughout his career. One is to work at delivering approachable goals and objectives to participants in such a way that galvanizes them into working more coherently with one another. The other is what he refers to as the Design by Discovery process. It takes many first steps to start a journey of change and enrichment—steps that are better made through careful, patient exploration of a group’s strengths and needs. The Design by Discovery Process does

just that—allows work on communication, active listening, and programmatic design to emerge for a group or individual in a more meaningful way.

As a graduate of Lyndon State College, Jamie spent time around New England working with boarding and public schools in a variety of capacities before finding his true calling back at his Alma Mater running the Lyndon State Adventure Program. LSAP brings together the group development and community outreach that he loves with the power of outdoor adventure and works diligently in making this recipe available to the Northeast Kingdom and beyond. Making his home in the Northeast Kingdom, he loves the rural feel, the diversity of opportunities the outdoors offers, and especially the ability to live in the ‘sweet spot’ to all his endeavors both personally and professionally.

EDUCATION

Lyndon State College

BS in Mountain Recreation
Management, 1995

Carrie Gendreau



“Learning and discovery through education should be our lifelong journey. With this in mind, I consider myself more of a ‘tour guide’ than I do an instructor, teacher, or professor. I believe that encouraging and guiding a ‘student’ to overcome self-doubt and fear of failure and providing an environment for acquiring knowledge will help him/her gain understanding and live life in all its fullness.”

For over 30 years Carrie Gendreau has been assisting individuals and guiding organizations in discovering and developing their ultimate potential. She earned her Master’s Degree in Organizational Management and Leadership from Springfield College. Carrie is the founder and trainer of The Training Connection. The Training Connection designs custom professional development programs for various organizations in New England. Carrie is a Dale Carnegie Course Trainer. She taught Interpersonal Communication and Small Group Dynamics, Organizational Communication, and Persuasive Communication as an adjunct Professor at Granite State College and received their Distinguished Faculty Award in 2010. Carrie is also an adjunct professor for White Mountain Community College, teaching Microeconomics, Macroeconomics, Supportive Communication Skills, Introduction to Business, and Business Law.

An entrepreneur herself, Carrie owns Emma & Co. Consignment Boutique in Littleton, New Hampshire. She journeys

with entrepreneurs in teaching the Women’s Rural Entrepreneurial Network’s National BETA Program. She is a three time winner of the “Littleton Art Show Photo Contest”. Carrie gives back to her community by serving as a director on various boards. She has written a variety of articles for national and local publications. Carrie is the contributing author and editor of *Wit and Wisdom from the Front Porch* and contributing author of *Trainer’s Warehouse Book of Games*. She completed Leadership North Country in 2008. When not working, Carrie enjoys gardening, skydiving, reading, hiking, fishing, traveling and skiing.

EDUCATION

Purdue University

Graduate ABA Certified Travel Industry Specialist Program, 2007

Springfield College

MS Organizational Development and Leadership, 2001

Meet our TRAINERS

Greg Hessel



"I believe people learn best when they are drawing on their own experiences, engaged in their learning, and applying the learning to what matters the most to them."

Greg Hessel is a professional trainer, facilitator, and consultant who helps organizations grow, change, and manage conflict. He is a former adjunct faculty in Woodbury College's Masters in Mediation Program, an adjunct faculty member at Marlboro College, and Principal of ReGeneration Resources. Greg helps organizations work in a more effective and harmonious manner by leading change, providing business process analysis, managing conflict, training leaders, facilitating meetings and strategic planning and improving communication in organizations throughout New England.

Greg is a graduate of Woodbury College's Conflict Management program and has a Masters in Science in Organizational Development from American University in Washington DC. He has over 1500 hours of specialized training and full-time experience helping organizations grow, change, and manage conflict.

Greg combines his expertise in managing conflict with a systems view of organizations to provide high quality interventions at the individual, group, and systems level of organizations. By assessing organizational dynamics through multiple lenses, Greg takes pride in customizing interventions and



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trainings so that each client's individualized needs are met. One of Greg's beliefs is that for change to take root in organizations, some aspects of organizational culture usually need to be addressed.

Prior to starting to work for Cheshire Mediation in 1997, Greg spent time working in Bosnia, El Salvador, and Nicaragua. While in Nicaragua, he was part of a team that successfully negotiated the release of a kidnapped member of the Italian clergy.

EDUCATION

American University

MS in Organizational Development,
2006

Woodbury College

Conflict Management Program, 1998

Meet our TRAINERS

Heidi Krantz



“By recognizing and honoring individual learning styles and preferences, I create learning partnerships and opportunities that support exploration and experimentation. I facilitate experiences that enable people to develop new skills, curiosity, and confidence.”

Heidi Krantz has followed a “scenic” professional path that includes work with local, state, and federal agencies, non-profits, and private businesses. She has been an independent business owner and is a consultant with extensive experience in training, education, organizational development, and strategic planning. Her strengths, including facilitation, coalition-building, and problem-solving, enable her to develop a strong rapport with clients, staff, students, and other partners while ensuring attainment of goals and objectives.

Heidi is a certified Business Advisor and has worked with the Vermont Small Business Development Center. She was the lead of Team Resources Group, a collaborative group of professionals challenging organizations to develop their team culture. A founding owner of Umiak Outfitters in Stowe, Vermont, Heidi also coordinated volunteer committees and government agencies to work collaboratively as the Community Development Coordinator for the Town of Morristown, Vermont. Over the past 30 years Heidi taught, trained, and encouraged thousands of people in situations as diverse as business development and whitewater paddling. When

not helping her husband renovate their 1830s hillside farm in Craftsbury, Heidi can be found riding her horse, skiing, or exploring the woods with her dog.

EDUCATION

University of Massachusetts

BS College of Food and Natural Resources, 1981

Leisure Services and Resources

Graduated Cum Laude, Recreation and Education concentration

Small Business Development Center

Certified Counselor, 2010

Meet our TRAINERS

Ann Nygard



“We underestimate the role of motivation in working with the employees of a company. My approach is to try and link the principles being taught to employees’ own interests and backgrounds. When I am able to do these well, employees not only learn but can then apply what they learn to their work effectively.”

As the Director of the Center for Rural Entrepreneurship at Lyndon State College, Ann works with small businesses on their strategic planning from the start-up phase through succession planning. Ann is a certified Small Business Development Center trainer since 2010. Ann’s strength comes through her unique ability to use her business experiences to understand the knowledge and skills her participants need to increase their performance and productivity. She then designs and delivers her programs in a way that excites and motivates participants to use new skills and change their behaviors.

Ann’s particular area of expertise is in sustainable tourism practices. She served as Associate Director of Operations at the Center for Sustainable Destinations at National Geographic Society where she designed and implemented a worldwide campaign for Intercontinental Hotel Group. She has shared her perspectives on sustainable tourism practices with diverse groups such as American Indian Alaskan Native Tourism Association, Tourism Montreal, Hurtigruten Cruise Lines of Norway,

Inter America Development Bank, and special visiting envoys from Nepal, Kazakhstan, Tibet, and China hosted by the US State Department.

EDUCATION

Helsinki School of Economics

Helsinki, Finland, MBA 1996

Cornell University

BS, College of Human Ecology, 1991

Small Business Development Center

Certified Counselor, 2010

Meet our TRAINERS

Tim Egan



"I engage the client by asking about their needs, goals, and preferences when focusing on marketing and communications. I then spend a lot of time listening to the answers from the client and their team. In the end I synthesize their feedback and build a consensus response/strategy to help educate employees."

Tim is a specialist in broadcast and web based video content services, marketing, and media affairs advising practicing in New England and Eastern Canada. His area of focus is media for business, government, and political clients where he performs research and analysis, relationship development, and creative media for high visibility and impact.

He is a principle in Sugar Hill Associates, a forward-thinking media training firm teaching the power of media exposure and helping clients maximize it. He is an Adjunct Professor at two colleges: since January 2014 teaching video production and English at Lyndon State College in Lyndonville, Vermont. Every two years he teaches business of television production and political media content at Curry College in Milton, Massachusetts. He consults at the Grafton County Economic Council helping small businesses do practical video marketing.

Along with his multiple community leadership roles, he is the media advisor to AXIS Communications, The British Consul-General of Boston, The British Council, The New England Canada



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Business Council, MIT's Technology Review PA Consulting and legislative officials in Massachusetts and New Hampshire. He has worked as a media services consultant on several campaigns: Presidential Campaigns of Senator Joe Biden (DE) in 2008 and Governor Jerry Brown (CA) in 1992; Lt. Governor Tim Murray (MA) in 2010, Senate President Therese Murray (MA) and Jim King for US Senate in 2012 (MA), and currently the NH House Of Representatives—Environmental Caucus.

EDUCATION

Southern New Hampshire University

MS in Marketing (Magna Cum Laude), 2015

University of Massachusetts—Boston

JKF Library Summer Institute, 2007

University of Maryland—College Park

BA in Communications, 1987

Meet our TRAINERS

Emilie Lariviere



"I am a visual learner and learn by doing. I have found most employees in the hospitality industry are also kinesthetic learners, desiring a hands-on approach. I also understand that everyone has a different way of learning. I incorporate my teaching to encompass all learning types to be able to effectively apply to all. Also when I teach, I confirm their understanding, by having students either explain or apply what they have just learned and how they can use it with their job duties."

Emilie works at New England Culinary Institute (NECI) as the Restaurant Manager of NECI on Main as well as an instructor, currently teaching Restaurant and Guest Management. She is in charge of managing the restaurant, marketing, and events, as well as training all new staff. She continually mentors her Assistant Restaurant Manager and Supervisor. Emilie has been at NECI since September 2015.

Prior to NECI, she worked at Sugarbush Resort as the Assistant Restaurant Manager and has also worked at Topnotch Resort in Stowe. Emilie has eleven years experience in the hospitality industry and is extremely passionate about it. She has worked all positions pertaining to restaurants. Emilie's time at Les Roches in Switzerland gained her more expertise and understanding pertaining to the culinary/hospitality world.

Also, with her marketing background she currently works with two small businesses. She has assisted them on business plans, marketing strategies, financial spreadsheets, and social media.

EDUCATION

Les Roches

Bluche, Switzerland, Swiss Hotel Association Diploma, 2007

Lyndon State College

BA Business Administration
Minor in Marketing, 2011