BECKY DALE, Leadership & Transformation Coach

Becky Dale is a certified leadership and transformation coach, with a focus on Emotional Intelligence as a tool for creating greater effectiveness and ease. As a coach, Becky listens for what her clients already know about what will happen for them and their organizations and communities, and works with them to trust that knowledge, practice it, and become it. She is passionate about sharing coaching tools with any individuals and communities who want them and is particularly interested in the emerging idea of community coaching.

Becky integrates coaching into her work in social services with more than 20 years of experience in non-profit leadership, management and program development. Throughout her career she has been committed to co-creation and shared leadership with service participants. She is also a composer who works extensively in theater including founding and producing the West Side Theater Project, a community-engaged effort where professional theater artists partnered with community members to tell community stories through theater and music. In her career she has worked for Minnesota Communities Caring for Children/Prevent Child Abuse Minnesota (Current, since 2001), the West Side Family Center, and Casa de Esperanza, all in St. Paul, MN.

Becky is particularly interested in efforts that promote individual, family and community wellness, believing that all of our well-being is interconnected.

SARAH JACKSON, Loan Officer & Financial Specialist, Propel Nonprofits

Sarah is a loan officer and financial specialist at Propel Nonprofits. She has been working with or for nonprofit organizations in Minnesota for more than a decade in various roles including executive director of the Minnesota News Council and program director for the Minnesota Newspaper Association. Knowledge of nonprofit finance once eluded her, but now she loves helping nonprofit leaders decipher and understand the often exclusionary language of finance.
JEAN G. JOHNSON, MBA, PCC

Jean is a leadership and professional development coach with particular expertise in utilizing concepts of emotional intelligence, mindfulness, and somatic practices, with the goal of helping others deepen their leadership presence and to leverage their personal strengths in service of their professional goals. Based on Doug Silsbee’s Presence-Based Coaching model, she integrate somatics and mindfulness to deepen the client’s coaching experience for sustainable, transformative results.

Jean frequently support leaders who are transitioning to new or larger roles and are actively working to leverage their career change to develop a new way of being in their work. She works with clients to focus on unearthing individual circumstances to discover the most effective way for clients to achieve their goals.

In almost ten years of professional coaching, she has worked with clients from every level and type organization including universities, consulting organizations, large healthcare, retail, government and nonprofits. Prior to launching her coaching business in 2008, Jean’s career included supporting personal leadership growth in others through small business consulting and program development, as well as management roles in state and local government.

She is currently on the faculty of the University of St. Thomas Executive Coaching program, mentoring students from the Georgetown Leadership Coaching program, and facilitating peer learning circles for nonprofit leaders.

BETSY MCDERMOTT ALTHEIMER, Founder, Table Fort Coaching & Consulting

Betsy is a coach, consultant, writer, visual artist, collaborator and strategic advisor. She fires up transformational change in individuals and nurtures vital, responsive, healthy organizations, networks and communities. She completed a certificate in Executive Coaching at the University of Saint Thomas in 2018. She holds a B.A. in art from the University of Wisconsin Eau Claire and studied nonprofit management at Virginia Commonwealth University. Her work combines organizational design, leadership coaching and communications strategies to build consensus and momentum. She has raised over $25M for art, design, health and education organizations.
ELIZABETH APPEL, Training Manager, Propel Nonprofits

Elizabeth has 10 years of training, technical assistance, and program development experience in service-learning, curriculum development, youth leadership, and asset-based community development. She believes in the power of a well-framed question, that all participants have something to learn and something to offer at every training, and that (almost) any problem can be solved with flip charts and sticky notes. Elizabeth has a B.A. in political science and economics from Luther College.

DEBBIE OKERLUND, Executive Coach, Trainer, And Founder of Lead with Agility LLC

Debbie coaches leaders, designs and facilitates peer-coaching groups and conducts trainings on coaching skills, transformational communication and team facilitation. She has partnered with nonprofit executives, managers and educators from over 180 organizations and higher education institutions since 2004 to navigate and grow their leadership.

Debbie has 25-years’ experience as a leader and manager including 14 years as an executive director in a nonprofit organization. She is a certified practitioner of the Myers-Briggs Type Indicator®, has Authenticity Consulting certification in peer-coaching group facilitation and is licensed to train in Coaching Skills for Managers and Leaders by author and coach, Judith Wilson.

Debbie completed Advanced Coaching Training with the Thomas Leonard Graduate School of Coaching and Coaches Training Institute, has a B.A. from the University of Wisconsin, and is currently enrolled in Conversational Intelligence for Coaches Certification Program by author and neuroscientist, Judith Glaser, Ph.D.

Personal – Debbie serves as board vice chair of an organization in south Minneapolis that mentors and serves high risk youth and families. She lives in Minneapolis with her husband and enjoys hiking, biking, kayaking, camping, playing guitar, and hanging out with her 4 young adult children.
KOA MIRAI, Loan Officer & Financial Specialist, Propel Nonprofits

Koa is a cultural anthropologist-turned-lender and financial specialist. Koa enjoys partnering with fantastic nonprofit clients to build capacities around capital management and financial sustainability. As a researcher, educator, and nonprofit consultant, they’ve worked closely with folks directing social change in widely diverse settings, both here in the Twin Cities and back home in India. Koa values relationships with the people they work with and believes truly generative insights come out of attentiveness, curiosity, and deep personal engagement.

KABO YANG, Strategic Services Consultant, Propel Nonprofits

Kabo Yang has spent her career working and consulting in the nonprofit sector in the Twin Cities. She began as a Paralegal at Southern MN Regional Legal Services, then Foundation Relations Manager at Greater Twin Cities United Way and most recently, the Executive Director at Minnesota Women’s Consortium. Her consulting practice focused on identity-driven leadership, culturally-affirming nonprofit management and inclusion initiatives, and prioritized people of color-led organizations including Mu Performing Arts, Centro Tyrone Guzman, Hmong Cultural Center, The Power of People Leadership Institute and Hnub Tshiab: Hmong Women Achieving Together.

She has served on nonprofit boards for over ten years, currently serving on Streets Stops and Mountain Tops and Southeast Asian Resource Action Center. She is also an adjunct instructor in the Organizational Leadership graduate program at St. Catherine University. Kabo has a Bachelor’s Degree in Business Administration; Masters’ Degrees in Organizational Leadership and in Human and Organizational Systems; and is pursuing her Ph.D. in Organizational Development and Change. Kabo is a former refugee, single parent to two young adults and enjoys movies, traveling, and reading.
SARA WESSLING, Training Manager, Propel Nonprofits

Sara is Propel Nonprofits’ training manager. She has a passion for nonprofits and enjoys developing training to help organizations grow and thrive. She’s worked as a program manager for a national child care association, a state support organization for Habitat for Humanity, and an association of leaders of volunteers. Over the past 15 years, she’s had the opportunity to work with nonprofit organizations across the state of Minnesota delivering training, technical assistance and consulting support in areas ranging from volunteer engagement to program evaluation. Sara has a Master’s Degree in Nonprofit Management from Hamline University and an undergraduate degree in psychology and sociology.