

# Dr. Jan Hoistad



**Psychologist. Couples Coach. Leadership Coach. Entrepreneur. Writer.**

Dr. Jan Hoistad has been helping couples reach their goals for more than 25 years – through workshops, individual and couples’ counseling, and coaching. Her work with couples is a significant departure from traditional therapy, which tends to focus on fixing problems and creating harmony. Instead, she helps them to live their dreams and build lives full of bounty, creativity, and possibility together.

Her workshop series, Big Picture Partnering, is a pioneer sixteen-week program for couples who want to build rock-solid relationships and reach ever-deeper levels of intimacy and joy. The series teaches couples a way of being together that is consistently nourishing and affirming, and helps them to discover their life’s mission as a couple.

In June 2004, Twofold Publications published Dr. Jan’s book, *Big Picture Partnering: 16 Weeks to a Rock-Solid Relationship*. This volume helps couples to clarify their values, dream together, turn those dreams into reality, and synchronize themselves into a true partnership – without giving away any of their essential individuality or autonomy.

Dr. Jan’s clients include a diverse list of individuals, couples, and organizations, such as Fallon Worldwide, Natural Resource Group, Estate Resources, and Fredrickson Communications. Many of her clients are unconventional people leading outwardly mainstream lives, yet seeking authentic, fulfilling ways of deepening and expressing themselves.

She is a Licensed Psychologist, holding a Ph.D. in Psychology from the California School of Professional Psychology. She has done post-doctoral work in negotiation at Harvard University School of Law, and she has served on the faculties of San Francisco State University, Sacramento State University, and St. Olaf College.

Dr. Jan lives in Minneapolis, and offers workshops and presentations on Big Picture Partnering in cities throughout North America.

To contact Dr. Jan or get more information about her workshops, coaching, and counseling, call 888.231.2993, visit [www.bigpicturepartnering.com](http://www.bigpicturepartnering.com) or email [info@bigpicturepartnering.com](mailto:info@bigpicturepartnering.com).

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