

Insight on Coaching – Guest Bio

Amy Lindgren
Expert, Columnist, Author
Founder and President, Prototype Career Service

Introduction

Amy Lindgren is the founder and president of Prototype Career Service, a 23-year-old, St. Paul-based firm specializing in job search and career transitions. Amy is currently leading a "Recession Busters" workshop with colleague, John Coffey, aimed at helping job seekers at all levels and in all fields to not only survive, but thrive during hard times.

Since 1995, Amy has penned the syndicated "Working Strategies" column about careers and the workplace for the *St. Paul Pioneer Press*, which is reprinted in approximately 20 national newspapers each week.

Amy is a sought-after speaker on topics of career and life management. She is also the author of 10 job search guides which includes the *Pocket Job Series* set of books.

Experience

Amy has provided career counseling and job search strategies to individuals in transition for over twenty years. Some of her specialties relating to job search include: job search for mid-career and older workers, career transition after a layoff, divorce or other "displacement", job search after military service, and job search in recovery.

In addition to running Prototype Career Service and Prototype Career Media, Amy founded the Regional Training Institute for Job Search Professionals, which trains vocational counselors and career professionals, and the Job Club Leaders' Network.

Amy is the author of 10 job search guides that include the *Pocket Job Series*, *Making the Leap Series* and *Career Success Calendar*.

Professional Affiliations, Publications and Recognition

Amy won the 2001 Crystal Clarion Award from the Twin Cities chapter of Women in Communications for her "Working Strategies" column.