

# Social Media

**GovAllies** 435 followers 2mo · Edited · 3w  
Now more than ever, government agencies and private industry need more than consultants — they need allies. Long-time colleagues **Jordan Parsons**, **Wendy Myers**, and **Hany Malik** have joined together to create a new company with a bold mission. Our name says it all: we are relentlessly focused on what matters most to our clients. Our experts optimize IT and organizational performance, implement change with precision, and achieve results that last. Follow us here and at [govallies.com](http://govallies.com) — let's take on what's next, together. #GovAllies #YourTrustedAlly #MissionDriven #WOSB #HubZone

## GovAllies

Scalable solutions for the missions that matter.

We're ready to help government and private sector leaders navigate the road ahead and execute their mission when the stakes are at their highest.

**GovAllies** 435 followers 2d · 3w  
What it Means to be an Ally: Bringing Clarity💡  
💡 Clarity isn't about having all the answers. It's about creating the conditions where thoughtful decisions can be made, communicated, and implemented with confidence. At **GovAllies** that's what we bring to the table.  
📌 We help you see what matters most, evaluate tradeoffs, and choose a path that aligns with your mission, resources, and timing. We translate vague directives into tangible actions. We build alignment where there's confusion. We help your team move from stuck to steady without spinning wheels or losing time.  
In uncertain moments, being an ally means being steady, clear, and decisive, not by stepping in front, but by standing beside you as a trusted partner who can help you lead the way forward. #GovAllies #YourTrustedAlly

**GovAllies** 435 followers 6d · 3w  
What it means to be an ally... Navigating complexity💡  
We're not here to tell you what to do — we're here to do the hard work with you. Whether it's navigating ambiguity, surfacing unseen risks, or moving strategy into action, our goal is to help make complexity manageable and progress achievable.  
That might mean facilitating a tough cross-agency conversation, guiding a team through an ambiguous decision, rationalizing IT investments, or identifying risks that aren't immediately visible. In all cases, we're not just offering perspective — we're helping you make real, workable decisions that move the effort forward.  
Being an ally means we don't overpromise or oversimplify. We help you work through the hard parts — because we understand that's where real progress happens. And we do it without ego, without jargon, and with deep respect for the role you play.  
At **GovAllies** we help carry the complexity — so that together, we can make meaningful change.💡 #GovAllies #YourTrustedAlly

**GovAllies** 435 followers 3w · 3w  
GovAllies Leadership Spotlight: Wendy Myers, President & Chief Solutions Officer  
At **GovAllies**, we know transformation only sticks when strategy and execution work together and **Wendy Myers** makes sure they do. As President and Chief Solutions Officer, Wendy brings a rare mix of operational know-how, systems thinking, and a deep commitment to people. She's spent decades helping organizations cut through complexity and achieve results that actually matter—on the ground, in real time. Wendy doesn't just talk about change, she builds the tools, teams, and momentum to make it happen. Under her leadership, GovAllies delivers solutions that are grounded, actionable, and relentlessly focused on outcomes. She's the kind of leader who asks the hard questions, listens closely, and rolls up her sleeves to get things done.  
"Solutions only matter if they solve the right problems. My job is to bring the right mix of talent, tools, and insight grounded in the mission and the needs of the people doing the work. That's what drives everything we do at GovAllies."  
As President & CSO, Wendy leads:  
↳ Solutions designed for how work actually gets done, not just how it's imagined  
💡 Trusted partnerships with leaders navigating real-world constraints and change  
💡 Execution strategies that translate ambition into action, and action into results  
Follow us to meet the rest of our leadership team and see how GovAllies is helping organizations navigate what's next with clarity, courage, and real results.  
#GovAllies #YourTrustedAlly #MissionDriven #WOSB #HubZone

## GovAllies

Scalable solutions for the missions that matter.

### Wendy Myers

President & Chief Solutions Officer



### Client: GovAllies

I led a team in developing thought leadership strategies for this new consulting firm that advises federal agencies on change management, IT adoption, and workplace engagement strategies. During a time of significant change in the federal government, our goal was to position GovAllies as exactly what the name suggests — a trusted ally and partner.

# Websites



Home About Us Capabilities ▾ Our Work Contract Vehicles We Are Hiring News and Insights Contact us

## Forget Business as Usual



Driven by doing business as it should be –fearless, adaptable, and meticulously tailored—

PGT Solutions dismantles advisory IT and strategic government agencies a

[Learn more](#)



Home About Us Capabilities ▾ Our Work Contract Vehicles We Are Hiring News and Insights Contact us

Many government agencies and healthcare organizations are held back by outdated processes, siloed operations, and change-resistant cultures. Instead of legacy systems, tired processes, and resistant attitudes, these organizations need straight-shooting strategists who deliver real transformation and lasting results.

That's where PGT Solutions comes in.

We don't do fluff. We cut through the noise with bold solutions that ensure uninterrupted operations throughout the transformation process. Our cross-trained experts dig deep into your organization to understand the 'Why' behind your mission to develop future-ready strategies.

### How We PGT Your Transformation



Home About Us Capabilities ▾ Our Work Contract Vehicles We Are Hiring News and Insights Contact us





Observations from DHITS 2024: Reimagining Military Healthcare

August 23, 2024 · [Jena](#)



A Knockout Win: Owned Business Supports Warrior Championship

June 30, 2024 · [Jena](#)



### Client: PGT Solutions

Shortly after the company's website underwent a complete makeover and rebrand, I became the client lead for all marketing activities and took the lead in continuing to create fresh content for the site, including establishing a blog and building out the content around firm capabilities.









# Social Media

**PGT Solutions**  
308 followers  
1w •

We are seeking several new team members to help lead and support high-stakes initiatives within the VA. The ideal candidates thrive under pressure, have exceptional people skills, and excel in a fast-paced environment. Ideally ...more

**WE'RE HIRING!**

- Data Scientist
- Health IT Analyst
- Information Modeler
- Process Architect
- Program Manager
- Senior Data Analyst
- Senior Software Architect

 **Jena Jones** • 2nd  
CEO, PGT Solutions  
1mo •

Had a great night in DC on Thursday at the Warrior Rising "Saluting Her Service" Awards. We are proud to support Warrior Rising and their work helping veterans and military spouses succeed in business.

**PGT Solutions**  
308 followers  
5mo •

**Snapshot from DHITS**

 **Jeff Scarpello** • 2nd  
Chief Growth Officer at PGT Solutions  
5mo • Edited •

Enjoying my time at DHITS and learning about how the Defense Health Agency's cutting edge advancements in IT support our warriors healthcare needs. **PGT Solutions Jena Jones Ashley Champagne, PMP**

**PGT Solutions**  
308 followers  
3w • Edited •

What a great start to the new year! On January 2, President Biden signed Senator Elizabeth Dole 21st Century Veterans Healthcare and Benefits Improvement Act. PGT is excited to see new funding being directed toward improving healthcare for Veterans. This Bill reflects a continued commitment addressing the unique challenges Veterans face, and PGT will continue to provide tailored capabilities to deliver quality healthcare benefits and services to our nation's Veterans. This article from GovExec has a good overview of the bill's provisions. <https://lnkd.in/eM3kWgTb> #veteranhealth

 **VA omnibus bill including community care and pay waiver updates heading to Biden's desk**  
govexec.com

**PGT Solutions**  
308 followers  
1w • Edited •

Say hello to **Brian Svedberg**, who recently joined the PGT team as a business analyst. We're excited to have him on board as we expand our work with the Veterans Administration and other federal clients. #PGTgrows

**WELCOME!**  
**Brian Svedberg**  
Business Analyst

"... says he can and he says he can't are both right."

**Client: PGT Solutions**

I led the development of a LinkedIn presence for this government contractor – creating templates, setting up a calendar, tracking analytics, and creating posts highlighting company news, participating in networking and charitable events, and sharing curated content with news relevant to the company's clients and areas of focus.

# Websites



## About PGDMs

PGDMS is an SBA-approved Mentor-Protégé Joint Venture between two highly respected providers of federal government IT advisory services, offering a full suite of information technology services from complementary companies with decades of experience in government and commercial markets.

BRMI Corporation is PGT Solutions' mentor in a Small Business Administration mentor-protégé agreement.



As a Woman-Owned and Service-Disabled Veteran-Owned Small business with over a decade of experience, PGT Solutions drives mission-critical success through fearless innovation, straight-shooting honesty, and careful project tailoring. Driven by a deep understanding of the 'Why' behind each mission, PGT excels in business strategy and transformation, IT architecture and modernization, IT innovation and advanced data solutions, and training solutions and administrative management.

BRMI Corporation's end-to-end information technology services are designed to provide a coherent framework for our government and commercial customers to help them accelerate and optimize digital transformation, migrate to the cloud, automate, and thrive in today's e-world. Founded in 1981 and acquired by BRMI in 2019, DMS is an information and management sciences company serving clients in the biomedical research, life sciences, and small business sectors. Its services include IT management, enterprise application management, data analytics, and bioinformatics and scientific programming.

### Our Combined Capabilities

PGT Solutions offers strategic advisory and IT modernization services, including:

**Business Strategy and Transformation**

- Business process reengineering
- Change management
- Organizational development
- Program and project management
- Strategic planning and execution
- Strategic communications

**IT Architecture and Modernization**

- Business architecture
- Enterprise architecture
- IT governance
- IT strategy and planning
- Requirements analysis and development
- Solution architecture, modeling and tooling development
- Systems integration

**IT Innovation and Advanced Data Management Solutions**

- Clinical decision support
- Data architecture
- Data governance and data quality assurance
- Process automation

**Training Solutions and Administrative Management**

- Administrative services
- Records management
- Training development and delivery

BRMI offers end-to-end IT services in areas including:

**Applications**

- Methodology and transformation
- DevSecOps application development
- Cloud migration
- Quality assurance and testing

**Optimization**

- Business process management
- Intelligent automation (including robotic process automation)
- Business analytics

**Advisory**

- Strategy and roadmap
- Enterprise architecture
- Management reform
- Change management and training
- Governance
- Portfolio, program, and project management

**Operations**

- Infrastructure and operations management
- Information security and assurance

**Applied Information Sciences**

- Advanced statistical and mathematical methods
- Experimental design and implementation
- Scientific programming/bioinformatics
- Preparation for publication

### Our Team

Jena Jones, CEO & Founder, PGT Solutions



As the Founder and CEO of PGT Solutions, Jena is leading the growth of a healthcare-focused IT and professional services consulting firm dedicated to supporting veterans, service members, and their families by enhancing the delivery of critical healthcare services. Before founding PGT Solutions in 2016, Jena began her career as a Psychological Operations Specialist in the US Army, later serving as a Program Analyst and Training Specialist at General Dynamics Information Technology.

Mike Battle, President & CEO, BRMI Corporation



Mike founded BRMI in 2004, guided by the vision that bringing together and empowering talented individuals can help organizations successfully execute change. Mike is a hands-on leader who has guided major transformative technology initiatives for the consumer-packaged-goods industry, aerospace and defense companies, and federal civilian government organizations. He brings organizational leadership experience from IBM, Computer Sciences Corporation, Allied Signal, Commerce One, and High Performance Technologies Inc.

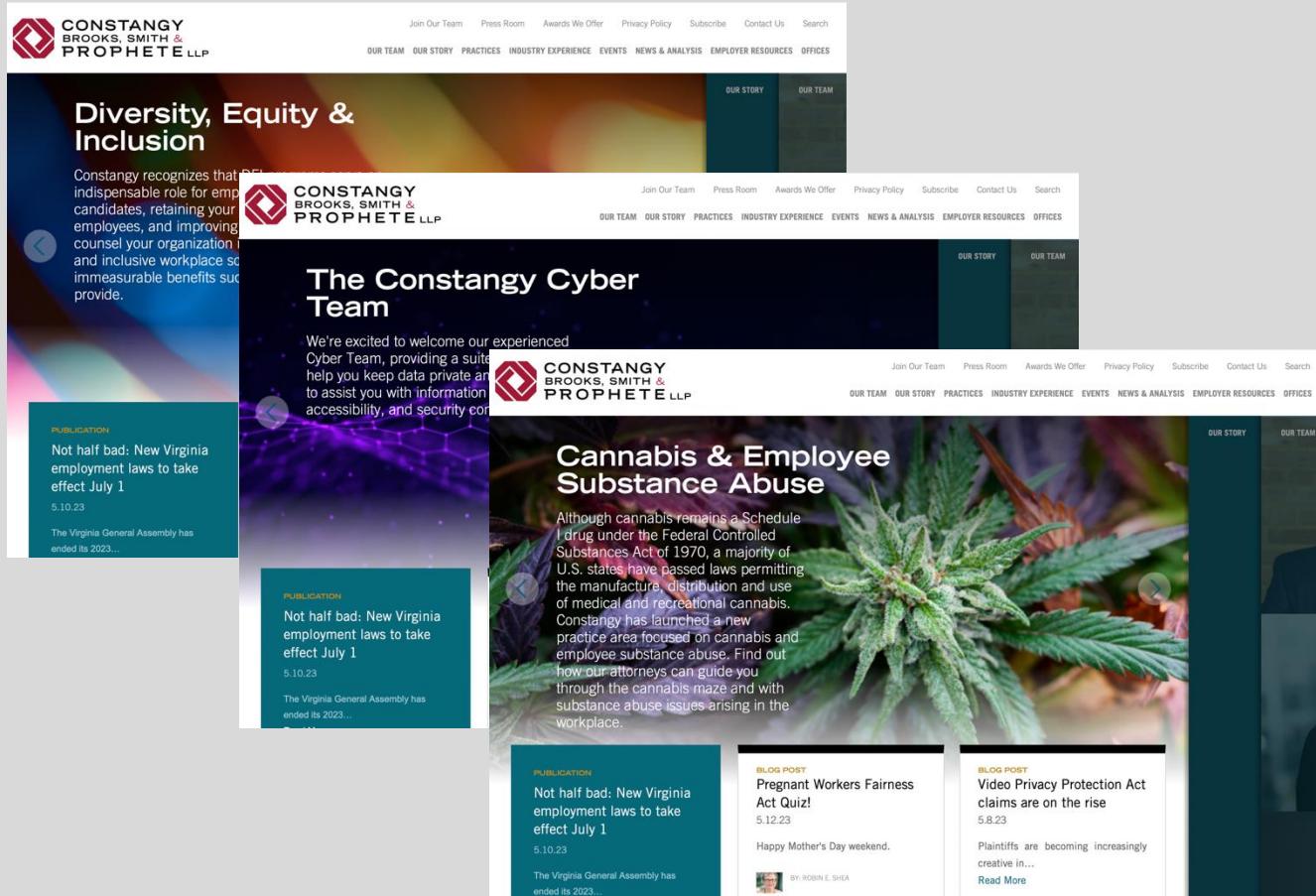
[LEARN MORE ABOUT THE PGT TEAM](#)

[LEARN MORE ABOUT THE BRMI TEAM](#)

### Client: PGT Solutions

Companies in the government contracting sector frequently create joint ventures to enable them to bid for and work under specific government contracts. For the PGDMs joint venture, I led the development of content for the site and managed the designers and web developers who built it.

# Websites



Join Our Team Press Room Awards We Offer Privacy Policy Subscribe Contact Us Search

OUR TEAM OUR STORY PRACTICES INDUSTRY EXPERIENCE EVENTS NEWS & ANALYSIS EMPLOYER RESOURCES OFFICES

DIVERSITY, EQUITY & INCLUSION

Join Our Team Press Room Awards We Offer Privacy Policy Subscribe Contact Us Search

OUR TEAM OUR STORY PRACTICES INDUSTRY EXPERIENCE EVENTS NEWS & ANALYSIS EMPLOYER RESOURCES OFFICES

**The Constangy Cyber Team**

We're excited to welcome our experienced Cyber Team, providing a suite of services to help you keep data private and secure. Our team is here to assist you with information accessibility, and security concerns.

**Cannabis & Employee Substance Abuse**

Although cannabis remains a Schedule I drug under the Federal Controlled Substances Act of 1970, a majority of U.S. states have passed laws permitting the manufacture, distribution and use of medical and recreational cannabis. Constangy has launched a new practice area focused on cannabis and employee substance abuse. Find out how our attorneys can guide you through the cannabis maze and with substance abuse issues arising in the workplace.

**PUBLICATION**  
Not half bad: New Virginia employment laws to take effect July 1  
5.10.23  
The Virginia General Assembly has ended its 2023...

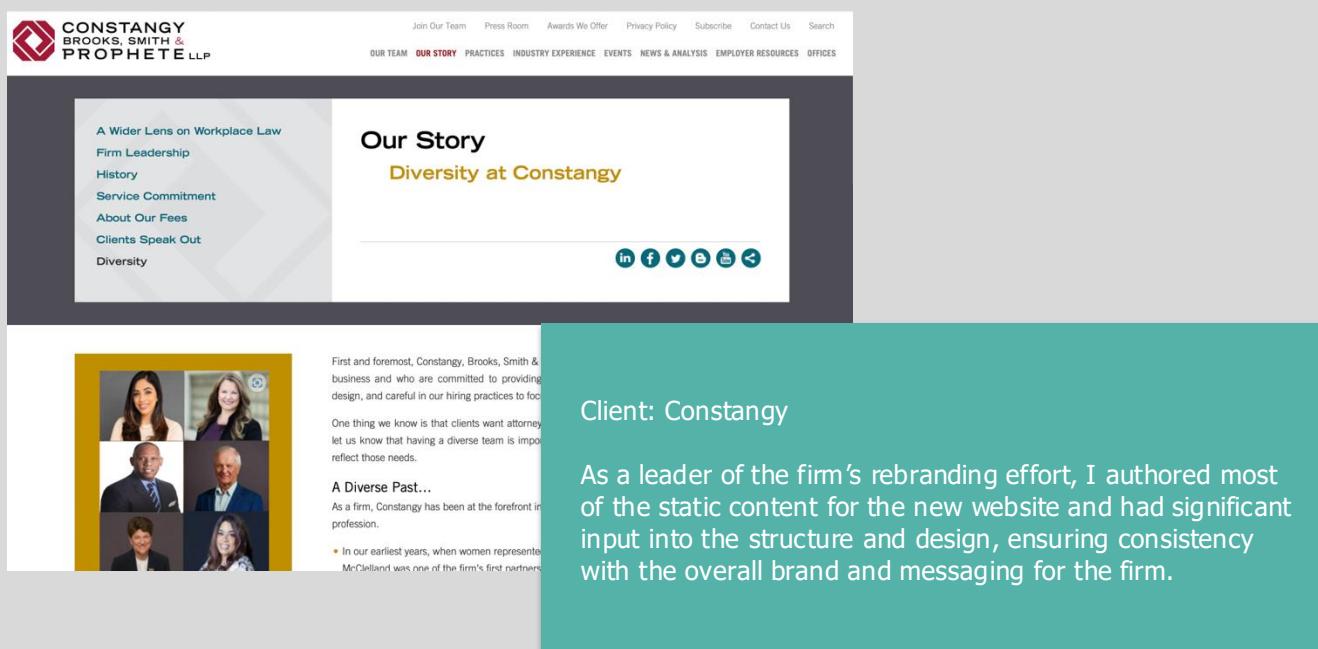
**PUBLICATION**  
Not half bad: New Virginia employment laws to take effect July 1  
5.10.23  
The Virginia General Assembly has ended its 2023...

**PUBLICATION**  
Not half bad: New Virginia employment laws to take effect July 1  
5.10.23  
The Virginia General Assembly has ended its 2023...

**BLOG POST**  
Pregnant Workers Fairness Act Quiz!  
5.12.23  
Happy Mother's Day weekend.

**BLOG POST**  
Video Privacy Protection Act claims are on the rise  
5.8.23  
Plaintiffs are becoming increasingly creative in...

Read More



Join Our Team Press Room Awards We Offer Privacy Policy Subscribe Contact Us Search

OUR TEAM OUR STORY PRACTICES INDUSTRY EXPERIENCE EVENTS NEWS & ANALYSIS EMPLOYER RESOURCES OFFICES

A Wider Lens on Workplace Law

Firm Leadership

History

Service Commitment

About Our Fees

Clients Speak Out

Diversity

**Our Story**

**Diversity at Constangy**

First and foremost, Constangy, Brooks, Smith & Prophete LLP is a firm that values diversity in all its forms. We are a team of professionals from various backgrounds and cultures who are committed to providing exceptional legal services to our clients. We believe that diversity is key to success in business and that it is important to reflect the diverse needs of our clients. One thing we know is that clients want attorneys who are diverse and who are committed to providing high-quality legal services. We let our clients know that having a diverse team is important to us, and we strive to reflect those needs.

**A Diverse Past...**

As a firm, Constangy has been at the forefront in terms of diversity and inclusion. We have always been committed to providing equal opportunities to all our employees, regardless of their gender, race, ethnicity, or sexual orientation. In our earliest years, when women represented a small percentage of the legal profession, Constangy was one of the first firms to hire women as partners. McClelland was one of the firm's first partners, and she played a significant role in helping to establish the firm's reputation for diversity and inclusion.

**Client: Constangy**

As a leader of the firm's rebranding effort, I authored most of the static content for the new website and had significant input into the structure and design, ensuring consistency with the overall brand and messaging for the firm.

# Social Media

Constangy @ConstangyLaw · Jun 22, 2021  
We're committed to breaking the glass ceiling -- women make up 60% of our executive committee and 40% of our partners. One of the reasons why we are one of Working Mother's Top Law Firms for Women for the 4th straight year! [workingmother.com/best-law-firms...](http://workingmother.com/best-law-firms...)

Working Mother Magazine  
2021  
Best Law Firms for Women

Top 5 Firm for Women  
National Law Journal  
2020 Women's Scorecard

constangy @ConstangyLaw · Jun 14, 2021  
Find out more about diversity and inclusion at Constangy here: [constangy.com/firm-diversity](http://constangy.com/firm-diversity)

As we recognize June as PRIDE month, Constangy reaffirms our commitment to creating a safe and welcoming environment for all. We wholeheartedly support the rights of our LGBTQ colleagues, clients, family and friends.  
\*This is also true from July-May.

constangy @ConstangyLaw · Jul 15, 2022  
We're honored to be recognized by [Vault.com](http://Vault.com) as one of the nation's best law firms for diversity. Find out more about our commitment to diversity, equity and inclusion here. [constangy.com/firm-diversity](http://constangy.com/firm-diversity)

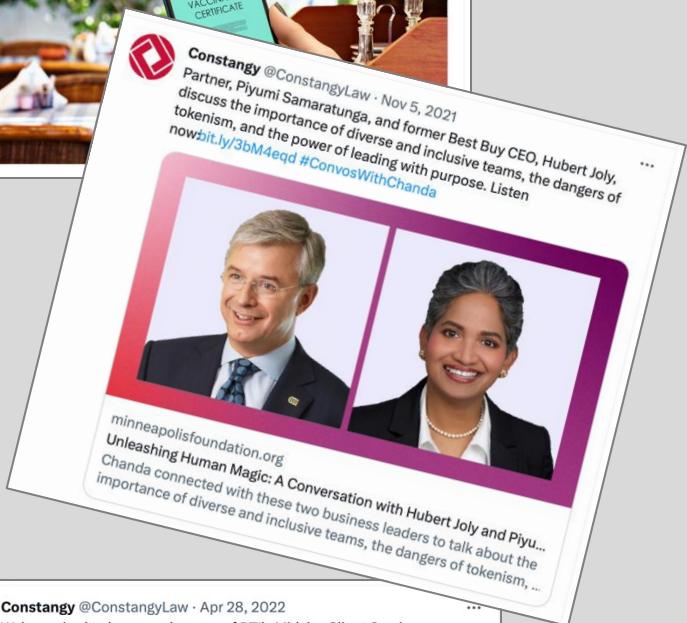
THE NLJ  
500  
2022

Client: Constangy

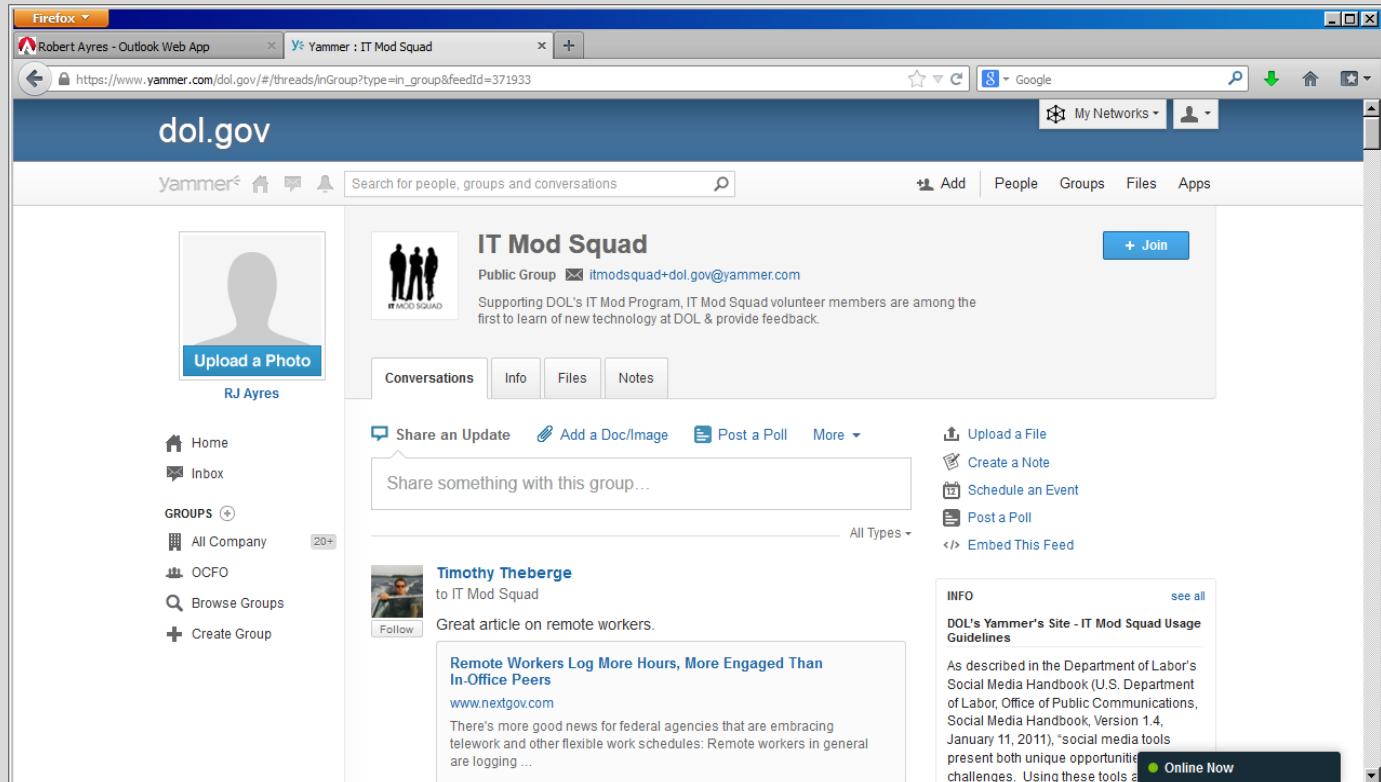
For more than 8 years, I oversaw the development of social media posts for the firm, significantly expanding audience and engagement levels.

Many of the posts here highlight programs I managed and awards and recognitions for Constangy that I secured. I led our firm's submission efforts for many DEI recognitions, including securing six consecutive years on Working Mother magazine's annual list of the top law firms for women.

# Social Media



# Social Media



The screenshot shows a Firefox browser window with the following details:

- Tab Bar:** Robert Ayres - Outlook Web App, Yammer : IT Mod Squad
- Address Bar:** https://www.yammer.com/dol.gov/#/threads/inGroup?type=in\_group&feedId=371933
- Header:** dol.gov, Yammer, Search for people, groups and conversations, Add, People, Groups, Files, Apps, My Networks, User icon
- Left Sidebar:** User profile (RJ Ayres), Upload a Photo, Home, Inbox, GROUPS (All Company 20+, OCFO, Browse Groups, Create Group)
- Group Page Content:**
  - Group Name:** IT Mod Squad, Public Group, itmodsqaud+dol.gov@yammer.com
  - Description:** Supporting DOL's IT Mod Program, IT Mod Squad volunteer members are among the first to learn of new technology at DOL & provide feedback.
  - Actions:** + Join, Share an Update, Add a Doc/Image, Post a Poll, More, Upload a File, Create a Note, Schedule an Event, Post a Poll, Embed This Feed
  - Share Area:** Share something with this group...
  - Member Post:** Timothy Theberge, to IT Mod Squad, Great article on remote workers.
  - Post Preview:** Remote Workers Log More Hours, More Engaged Than In-Office Peers, www.nextgov.com, There's more good news for federal agencies that are embracing telework and other flexible work schedules: Remote workers in general are logging ...
  - INFO Section:** DOL's Yammer's Site - IT Mod Squad Usage Guidelines, see all, As described in the Department of Labor's Social Media Handbook (U.S. Department of Labor, Office of Public Communications, Social Media Handbook, Version 1.4, January 11, 2011), social media tools present both unique opportunities and challenges. Using these tools a...

## Client: US Department of Labor

I led a two-person team that launched and provided daily updates to a Yammer group to keep DOL employees updated on IT modernization efforts. The IT Mod group was the most popular group on the DOL-wide Yammer site.,, attracting more than 1,000 members in its first four months.