

## LAURA GARNER

EXECUTIVE LEADERSHIP COACH,  
FACILITATOR AND PLATFORM  
SPEAKER



<https://www.ctggroup.co/laura-garner>

"Laura helped me to successfully navigate through possibly the most challenging period of my life. In my leadership journey, she has helped me transform as a leader through coaching

I find working with Laura both enjoyable and inspiring. Laura remains first choice for leadership training within our regional business"

CTO, Red Hat Inc

Laura is a skilled leader, facilitator, trainer and executive coach who has worked globally with individuals and blue-chip organisations for over 20 years. Experiencing first hand, the joy and pain of leading teams enables her to connect with leaders at all levels.

She is motivated to help people to embrace their humanness - which she believes is in fact a super power in this modern world. Tuning into emotions, leaning in to the fears that are holding people back, embracing the messiness of the human condition, are critical in unlocking the confidence to be truly authentic.

Whether coaching or training her belief is that people have far more control than they first think. She creates the space, support and silence that individuals crave in this busy and pressurised world they live in.

The energy and connection that is generated within a group environment is another development element that she loves. To enter a room at the start of the day, often as strangers or estranged colleagues; only to leave with a deeper connection and sense of really 'knowing' one another, brings a huge sense of satisfaction.

Witnessing individuals facing into their difficulties and facilitating the exploration of skills and techniques to support them is priceless. This requires trust, safety, confidentiality – all of which form the core of her offer and what she stands for.