

# LAURA GARNER

COACH, FACILITATOR &  
TRAINER



## BACKGROUND

“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.”

Laura is a skilled leader, facilitator, trainer and executive coach who has worked globally with individuals and blue-chip organisations for over 20 years. A significant part of her career has been spent in management and training roles. 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 explore and unravel solutions – stored within themselves – to solve their own problems, tackle challenging situations head-on, and face fears that are holding them back. 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.

Her Wellbeing Programmes have been a source of huge support over the last 5 years as people have navigated the tsunami of challenges thrown at them; from the pandemic to the cost of living crisis, and everything in between.

If you feel stuck, if you need motivation, if you know there is a challenge but are not sure of what it is or how to get around it, Laura will help you see it and overcome it.