

# Lauren Flaherty

## Meet Lauren

Lauren's greatest discovery is that life is all about reinvention. From Actress to Event Planner, Public Relations and Marketing Specialist to TV Producer, she has spent the last twenty years cultivating skills and building new ones.



In her work for NBC, TLC, and Discovery Channel, Lauren spent years creating a safe space for those on camera and off to create a vision and see it to fruition. As a manager at APCO Worldwide and the U.S. Embassy in Amman, Jordan, she built teams, directed talent, produced content, trained executives for on-camera interviews and public speaking opportunities and supported executives in discovering their true leadership styles.

Lauren holds degrees in both Theater and Speech Communication. Her passion for both, motivated her to create programs all over the world that combined creativity, presence, and confidence building through the arts and improvisation.

There is nothing more exciting to Lauren than when a leader she's coaching has that ah-ha moment of self discovery. Lauren works with leaders and executives to explore their uniqueness to better develop their leadership style. She is an Associate Certified Coach (ACC) through the International Coaching Federation (ICF) .

Lauren has spent the last fifteen years traveling the globe with her husband and three children--living in Dubai, Amman, Jerusalem, San Francisco, and Washington, D.C.

# Lauren Flaherty



## I'M COMMITTED TO...

Being a powerful listener so you can feel heard.

## DO'S AND DON'TS FOR COMMUNICATING WITH ME

1. Do use our space to dive into your deepest thinking.
2. Do dream big—without big dreams, you can't move forward in a big way!
3. Don't hold back—whatever you're feeling is true and honest.
4. Do be direct—notice what is working and what isn't.

## I WORK BEST WHEN...

1. People come to our session with a clear goal and objective.
2. We are connected and communicating with purpose and clarity.
3. When you take your time and really dive deep and answer questions in an honest way.

## WHAT MAKES ME SMILE IS...

Connecting with a stranger in a grocery store, hiking with my friends, game nights with my family, performing on stage in musicals and creating shared experiences through theater, improv, arts and crafts...being a creator.

## 5 WORDS THAT DESCRIBE ME...

positive, energized, thoughtful, creative, curious

## \_\_\_\_\_ HOLDS ME BACK FROM BEING AT MY BEST...

1. Setting expectations for how something should go.
2. Wanting someone to feel a certain way.
3. Not setting aside time for myself and my own needs.

## MY IDEAL DAY INVOLVES...

A hike with a friend, an improv class, playing a board game or reading with my kids, cuddling with my husband on the couch

## MY FAVORITE QUOTE...

"Those who bring sunshine to the lives of others cannot keep it from themselves."

J.M. Barrie