

Meet your Coach.



With a focus on unleashing potential, managing change, and fostering high-impact leadership, Laura is dedicated to helping leaders and teams create lasting success by discovering their strengths, evolving their identities, and navigating the complexities of the modern workplace.

Laura Dowling

Laura is a purpose-driven, growth-minded global workplace performance consultant and coach. With over a decade of experience, Laura specializes in leadership development, team effectiveness, and well-being in the workplace. Her mission is to bridge the gap between potential and performance, empowering individuals and teams to thrive.

An advocate of holistic professional development, Laura integrates emotional intelligence, mindset education, and a strengths-based philosophy into her transformative training, coaching, and culture workshops. Drawing from a diverse background in high-performance sport, management consulting, international development, and leadership coaching, she is known for catalyzing sustainable change. Over the years, Laura has worked with thousands of emerging and established leaders across various sectors, helping them manage adaptive challenges, drive growth, and lead with impact.

Laura is the author of *The Everyday Leader: Inner Mastery, Outer Impact*, a book that provides actionable insights for those navigating change, both in personal life and leadership. She believes leadership is not just a title but a practice that belongs to everyone.

AREAS OF EXPERTISE

- 1:1 Leadership Development
- Team Optimization
- Facilitation
- Executive & Leadership Coaching
- Human Performance
- Change Management
- Well-being at Work
- Career Development
- Leadership Development Program & Design

INDUSTRIES

- Tech
- Healthcare
- Sports
- Public sector
- Transportation
- Environmental
- Human Resources
- Non-Profit/
Government
- Higher Education

EDUCATION & TRAINING

- ICF Professional Certified Coach (PCC)
- Art & Practice of Leadership Development, Harvard Kennedy School, Exec Ed
- Erickson Certified Professional Coach
- Global Gallup CliftonStrengths Coach
- Coaching with Systemic Constellations
- Maslow Executive Leadership and Culture Coach
- Emotional Intelligence Certified Practitioner, RocheMartin
- The Cultural Blueprint - Leadership & Culture Assessment Practitioner
- LEGO Serious Play Facilitator
- BA, Psychology & Sociology, University of British Columbia
- MSc, Population Health, University of Ulster