



Laura Phelps, MS, PCC

Background

After over 20 years of professional experience in higher education administration, Laura's passion for human development and helping people realize their potential triggered her decision to switch careers and dedicate herself fully to leadership development, career and life coaching. She has spent the past several years coaching executives, managers, and individual contributors in federal government agencies, educational institutions and private practice. Laura takes a strengths-based approach to coaching. She recognizes and cultivates the potential in others by seeing the best in people and helping them to see it too. Laura enjoys working with her clients to identify their strengths, values and purpose. She believes awareness of these qualities create a strong inner personal foundation that promotes growth and positive change and establishes a set of principles to live by. Laura supports clients in knowing who they are and what's most important in order to achieve greater fulfillment and wellbeing. Laura is especially fond of supporting women to discover their authentic selves and personal leadership style.

Education

Laura has a master's degree in Organization Development and Knowledge Management from George Mason University. She completed coach training through the Coaches Training Institute and earned a certificate in Leadership Coaching for Organizational Performance at George Mason University. Laura is a Professional Certified Coach (PCC), credentialed by the International Coach Federation (ICF).

Experience

Laura is a passionate and versatile coach who supports people to create positive, lasting change and lead more fulfilling personal and professional lives. She is an empathetic listener who provides a safe and supportive environment, allowing her clients to fully express themselves, explore their possibilities, set goals and take action to achieve their desired results. She appreciates that change can be incredibly difficult, and strives to provide the encouragement, direction, and accountability necessary for her clients to proceed.

Laura is known for her directness, her insight, her ability to listen deeply and to identify core issues for clients. In a complex and fast-moving world it can be easy to function on automatic pilot. Laura says, "Coaching helps people slow down and reflect on their lives to determine what is wanted, what is possible and what is needed to get there. That is where coaching is really helpful."

Laura had an extensive career in higher education administration before moving to coaching full-time. She served in leadership roles including Assistant Director for the Stearns Center for Teaching and Learning, Director of Communications and Planning, and Director of Organizational Analysis and Development for the Information Technology Unit at George Mason University. Laura has proven experience in recognizing the communication and knowledge needs of an organization and its employees and presenting development programs to meet those needs. Laura has also led several large-scale communication initiatives including the creation of strategic communication plans and the execution of a major website redesign.



Certifications

Laura's training also includes a certificate in Well-Being Foundations of Personal Transformation which is grounded in the concepts of positive psychology, somatic awareness, neuroscience, mindfulness, and meditation.

Laura is certified to administer and provide feedback on the following assessment tools: Myers-Briggs Type Indicator (MBTI) and Emotional Intelligence EQ-i 2.0/EQ360.

Accomplishments

Laura served as a board member for the International Coach Federation (ICF) Metro DC and a volunteer coach for several non-profits including Teach for America, Leadership Fairfax and Georgetown School of Medicine. She also serves as a volunteer mentor coach for students in a coaching graduate course at George Mason University.