



Laurie Ellington, MA, LPC, RCC, MCC, HMCT

Background

Ms. Ellington, MA, LPC, RCC, MCC, HMCT has over 22 years of experience in coaching, training, consulting, leadership, facilitation and mind/body medicine, and is appreciated for her ability to help people reprogram their thinking and eliminate outdated habits that get in the way of excelling. Her philosophy is that change happens from the inside out versus the outside in, and people have the solutions within them. Ms. Ellington is the co-author of *Six Steps to Unlocking Extraordinary Leadership: The Neuroscience of High-Performance Leadership*. Combining research from neuroscience, mindfulness, quantum physics, heart intelligence, and flow, she helps individuals, teams and organizations experience transformational shifts in the way they think, feel, and show up in the world.

Ms. Ellington is Adjunct Faculty with the Office of Personnel Management's Center for Leadership Development, where she facilitates Neuroscience of Leadership, Stress Resilience/Mindfulness, Brain Based Tools for Accessing Flow States of Consciousness, and Emotional Intelligence programs for federal government leaders within various agencies across the continental US and at the Federal Executive Institute and Eastern Management Development Center. She is an instructor at the Maryland University of Integrative Health, where she teaches Mindfulness, Meditation, and Health in addition to other integrative health and wellness courses. Ms. Ellington is also a Mentor Coach for students developing the core competencies necessary for professional integrative health and wellness coaching. She is an Associate Faculty at the University of Phoenix, where she enjoys teaching undergraduate courses in psychology, ethics, and critical thinking.

Ms. Ellington is an inspirational speaker who is frequently requested at conferences, workshops, and keynote events. She is recognized for her talent in being able to present the 'hard' science that underlies human performance and transformation to multiple audiences in a way that facilitates high levels of engagement and integration into real-world settings.

Education

She earned her master's degree in Health Psychology from Northern Arizona University in Flagstaff, AZ and is trained in Black Belt of Six Sigma Methodologies. Ms. Ellington has also been trained by the Institute of HeartMath® to teach a mindfulness-based approach to building stress resilience capacity that is used by the U.S. military, first responders, elite athletes, fortune 100 companies, and surgeons. Ms. Ellington is currently pursuing her Ph.D. in Mind-Body Medicine at Saybrook University.

Certifications

Ms. Ellington is a member of the International Coach Federation (ICF), the NeuroLeadership Institute, the Institute of HeartMath®, and the American Society for Training and Development (ASTD). She is a Professional Certified Coach (MCC), Certified Brain-Based Coach (RCC), Licensed Professional Counselor (LPC), and a HeartMath® Certified Trainer (HMCT).