



Lauren Flaherty

She / Her

I'm Committed To

Being a powerful listener so you can feel heard

What 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

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

My Favorite Quote

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

- J.M. Barrie

5 Words To Describe Me

Positive, energized, thoughtful, creative, curious

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

My Ideal Day Involves

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

What Makes Me Smile

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