



Laura Phelps, MS, PCC

Laura Phelps is a passionate and versatile coach who supports people to create positive, lasting change and lead more fulfilling personal and professional lives. After a long-term career in higher education administration, Laura's enthusiasm for continuous learning, leadership training and development, and helping people realize their full potential inspired her decision to change careers and dedicate herself fully to leadership development and coaching.

With Laura's background in university administrative leadership roles and more than seven years of experience coaching executives, managers, and individual contributors in a variety of organizations, she understands the importance of providing the support, structure and guidance that allow her clients to succeed. Her coaching is shaped by her direct experience in leadership, career transitions, parenting, continuing education, and considerable time spent serving as a coach to more than 80 clients.

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 becomes easy to operate on autopilot. Laura says, "Coaching helps people slow down, take some time out 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."

Education

Laura has a master's degree in Organization Development and Knowledge Management and a bachelor's degree in Marketing from George Mason University.

Experience

Laura is an empathetic listener who provides a safe, open, and supportive environment in which her clients can fully express themselves, reflect, explore possibilities, and take action to achieve their desired results. Laura especially enjoys working with individuals to identify their strengths, values, and purpose. She believes awareness of these qualities create a strong inner personal foundation from which individuals can embrace who they are and what is truly important to achieve greater fulfillment.

Laura frequently coaches female leaders to find their authentic leadership style and is passionate about helping people overcome thoughts, beliefs and behaviors that may be limiting them from achieving their greatest potential. Her clients consistently report experiencing feelings of safety, validation, increased self-awareness, better knowledge of strengths and values, and shifts in perspective. Clients also appreciate having a confidant and thought partner. Laura is repeatedly requested and trusted to provide 360 assessments, one-on-one coaching, leadership development and career transition guidance.

Laura had an extensive career in higher education administration and held leadership positions in areas of digital learning, communications and planning, and organizational analysis and development. She has proven experience in recognizing the communication and professional development needs of an organization and creating programs to meet those needs. Laura is especially proud to have designed and managed an internal coaching program that serves faculty and staff at a large university.

Certifications

Laura earned a certificate in Leadership Coaching for Organizational Performance at George Mason University. She is a Professional Certified Coach (PCC), credentialed by the International Coach Federation (ICF). 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-profit organizations including Teach for America, Leadership Fairfax, and Georgetown School of Medicine. She also serves as a mentor coach to students in ICF certified coach training programs.