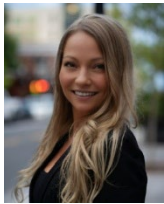


Laurie Ellington, LPC, BBC, MCC, NBC-HWC, RYT

Coach Credentials	ICF Master Certified Coach (MCC)
Degrees	Master's in Health Psychology from Northern Arizona University Ph.D. Candidate in Mind-Body Medicine at Saybrook University
Post Graduate Certificates	Certified Brain-Based Coach (BBC) Licensed Professional Counselor (LPC) HeartMath® Certified Trainer (HMCT) Registered Yoga Teacher (RYT) National Board-Certified Health and Wellness Coach (NBC-HWC) Certificate in Mindful Leadership Certificate in Integrative and Functional Nutrition
Total Coaching Hours	10,000
Coaching Experience	22 years
Additional Training and Information	Co-author of <i>Six Steps to Unlocking Extraordinary Leadership</i>



Laurie Ellington is at the forefront of applied neuroscience, mind-body medicine, and human transformation. She pioneers innovative approaches that help individuals and organizations unlock their innate capacity for growth by integrating cutting-edge neuroscience with ancient wisdom. Through her work, Laurie helps clients rewire outdated patterns, enhance resilience, and cultivate self-mastery—leading to greater performance, emotional fitness, and overall well-being.

At Comskil, Laurie provides executive coaching and leadership development programs tailored to federal leaders, including those within DoDEA and USDA. She specializes in the Neuroscience of Leadership, Stress Resilience, and Brain-Based Performance Strategies, equipping leaders with the tools to regulate their nervous systems, navigate complexity, and lead with clarity. Her contributions are integral to Comskil's initiatives, where she facilitates high-impact training sessions designed to upgrade human interactions.

Laurie is the co-author of *Six Steps to Unlocking Extraordinary Leadership: The Neuroscience of High-Performance Leadership* and teaches at Maryland University of Integrative Health, where she focuses on Health and Wellness Coaching. At University of California, Davis, she leads courses on the Neuroscience of Leadership, Neuroscience of Trauma, the Mind-Body Connection, the Gut-Brain Axis and Mental Well-Being, and the Neuroscience of Purpose.

As a sought-after speaker, Laurie is known for translating complex scientific insights into engaging, actionable strategies that foster deep transformation. She bridges the gap between science and real-world application, making cutting-edge research accessible and practical for diverse audiences. Through her work, Laurie catalyzes a paradigm shift—helping leaders and organizations harness the full power of their minds and bodies to thrive in an ever-evolving world.