



## Laurie Ellington, MA, LPC, BBC, MCC

Ms. Ellington, MA, LPC, BBC, MCC, HMCT, RYT has over 25 years of experience in coaching, training, consulting, leadership, facilitation, and mind/body medicine. She is appreciated for her ability to evoke untapped capacities and eliminate outdated habits that get in the way of transformation and growth. Her philosophy is that change happens from the inside out versus the outside in, and people have unleashed capacities to self-regulate, connect deeply as a human family, and embody our most important leadership qualities-compassion and kindness. Ms. Ellington is the co-author of *Six Steps to Unlocking Extraordinary Leadership: The Neuroscience of High-Performance Leadership*. Combining ancient wisdom teachings with findings from modern

neuroscience, mind-body research, stress resilience, epigenetics, and flow she helps individuals, leaders, and organizations elevate 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. She is also an Associate Faculty at University of California-Davis, where she teaches courses on topics such as Brain-Based Leadership, Neurobiology of Stress and Trauma in the Workplace, Neuroscience of Purpose, Gut-Brain Axis and Mental Well-Being, and The Science of Self-Mastery.

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. Ms. Ellington has also been certified by the HeartMath Institute 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. She is also a Registered Yoga Teacher and 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), NeuroLeadership Institute (NLI), HeartMath Institute (HMI), American Society for Training and Development (ASTD), American Institute of Stress (AIS), Institute of Noetic Sciences (IONS), and Institute of Functional Medicine (IFM). She is a Master Certified Coach (MCC), Certified Brain-Based Coach (BBC), Licensed Professional Counselor (LPC), HeartMath® Certified Trainer (HMCT), and Registered Yoga Teacher (RYT).