



## LAUREN LOCKE

Lauren is a professional organisational coach based in Wellington, New Zealand. With her own non-linear career journey, she is an expert in navigating career pivots, transitions, and challenging decisions. Her roles have allowed her to travel the globe working across the USA, Africa, and Australasia.

Having grown up in the Appalachian Mountains, she also loves hiking and bluegrass tunes. Now she spends most of her weekends with her kiwi partner near the sea.

### TESTIMONIALS

"Working with Lauren was such a pleasure! With her kind, attentive, and insightful guidance, I unlocked deep levels of self-awareness that allowed me to design a professional future completely aligned with my values and lifestyle."  
- DIRECTOR, TECHNOLOGY

"Lauren helped me navigate a stressful experience at work. She listened intently and tailored the coaching to my needs. Because of this, I had more confidence navigating hard decisions and challenging conversations."  
- SENIOR MANAGER, ARCHITECTURE FIRM

"Lauren is kind and insightful. Through powerful questions she revolutionized the way I see my life and work."  
- SENIOR POLICY ANALYST, GOVERNMENT

### QUALIFICATIONS & ASSOCIATIONS

Associate Certified Coach (ACC), ICF ▪  
Professional Organisational Coach, PIECL ▪  
Certified Team Coach, IECL ▪ ICF Member ▪ Masters  
Degree International Relations, NC State University

DIAGNOSTICS  
Hogan 360

### COACHING EXPERIENCE

Lauren works with leaders at all levels to help them get "unstuck" and create an intentional path forward. Having worked and coached across many sectors (technology/government/insurance/film/legal), she best supports counterparts in addressing areas including imposter syndrome, difficult colleagues, managing upwards, role transition and time management – just to name a few!

### COACHING STYLE AND APPROACH

Lauren is empathetic with a warm, friendly coaching style. She works in partnership with clients to ensure that coaching is tailored to the needs of every individual. Once trust is established, Lauren isn't afraid to challenge thinking and address difficult conversations or negative behaviour. She works best with leaders who are genuine and open - wanting to unpack their patterns and create an intentional career which aligns with their values.

### BUSINESS EXPERIENCE

Lauren is a seasoned professional having worked across non-profits, tertiary education, government, IT and corporate. Prior to her organisational coaching career Lauren spent a decade in management positions in the University sector. She is also passionate about ethical travel and wildlife conservation having worked for several years in the safari industry (South Africa and Malawi).

### AREAS OF EXPERTISE

- Career coaching – transition, promotions, departures, decisions
- Getting "unstuck" at work
- Developmental coaching for high potentials
- Stakeholder engagement, building and gaining influence
- Goal setting and personal strategic thinking

### PREVIOUS ENGAGEMENTS

- **Principal Investigator, State Government** – coached to unpack career decisions and values alignment during a difficult political period which was impacting the counterparts' opportunities and wellbeing.
- **Senior Architect** - coached during a high-stress period at work. Developed tools to manage upwards, advocate internally and create buy-in with relevant stakeholders. Supported counterpart to create a path forward to manage boundaries and wellbeing.
- **Set Designer, Film Industry** – career change coaching from ideation to securing a new role. Because of personal family goals, the counterpart required a career with more flexibility and security. As a result of coaching, secured a job in construction project management.
- **Manager, Public Relations/Communications** – challenged habitual thinking, core limiting beliefs, uncovered new opportunities and ways of leading within their complex organisation.
- **Entrepreneur, Technology** – coaching around mindset, values, and strategic planning to leave corporate job and start their own business.