



Lauren Peterson

Senior Consultant

Lauren is a high-energy executive coach and organizational development consultant with a no-nonsense approach to driving transformational change. With nearly 20 years of experience, she specializes in executive coaching, leadership development, and high-performance team building, guiding global organizations

through complex challenges across multiple countries and cultures.

Drawing from her background in executive leadership, sports coaching, and small business ownership, Lauren brings a practical, results-oriented perspective to every engagement. She partners with clients to deliver tailored solutions that unlock potential and foster sustainable high performance within teams and organizations. Known for her direct approach, business savvy, and curiosity, she focuses on whole-person development, helping clients elevate performance across all levels.

Lauren has partnered with well-known brands and companies, including CAVA, GEICO, Hasbro, Kodiak Cakes, and Thorne. Recently, she has led transformative work with executive and VP teams to unite them as cohesive enterprise leadership teams.

Originally from the Washington, DC Metro area, Lauren holds a Bachelor of Arts degree from Virginia Tech and currently resides in Reno, NV with her husband, two daughters, and their pandemic puppy. When not working with clients, you'll find her embracing the outdoors—whether hiking, skiing, or even learning to surf—all while staying active and focused on health and wellness.

"Lauren played an instrumental role in our first Leadership Team summit focused on high performance. Her insights, relevant leadership examples from other companies, and flexibility to adapt the curriculum to our team's needs led to strong results following the offsite."

-Colin Watts CEO of Thorne