



Lauren Peterson

Executive Coach

Lauren is an experienced executive coach and organizational development consultant with nearly 20 years of expertise in leadership development, executive team effectiveness, and high-performance coaching. She helps leaders sharpen their decision-making, strengthen their influence, and elevate team performance in fast-moving and complex environments.

As a former VP of Talent & Development, Lauren coached executives and their teams from the inside, leading large-scale leadership and organizational development initiatives. She understands firsthand the demands of senior leadership—balancing strategic priorities, team dynamics, and business performance—because she’s been there. Now, as an external consultant, she brings that same deep organizational understanding while providing objective, high-impact coaching that helps leaders accelerate growth and maximize their impact.

Known for her direct, results-oriented style, Lauren partners with leaders to navigate complexity, enhance their leadership effectiveness, and build thriving, high-performing teams. She has worked with organizations such as CAVA, GEICO, Hasbro, Mars Wrigley, Kodiak Cakes, and Thorne, coaching executives and leadership teams to strengthen their capabilities and drive business success.

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 in the gym, staying strong and ready to embrace the great outdoors—whether backpacking, skiing, or even learning to surf—all while staying active and passionately focused on health, wellness, and personal growth.

"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

