



Coaching Profile | **Laura Phelps**



Laura Phelps

Goose Creek Consulting

Background

Laura is a creative and passionate life and career coach who works with clients in transition to create positive, lasting change and lead more fulfilling personal and professional lives. Laura is a strong believer in the idea that coaching changes lives. Laura provides her clients with a safe, open, and supportive environment that allows them to fully express themselves, explore their possibilities, set goals, take action and achieve results. She recognizes that change can be incredibly difficult, and strives to provide the support, structure and direction necessary for her clients to proceed.

Laura works with clients to improve relationships, develop self-confidence, communication skills and find work/life balance. She enjoys working with individuals to identify their strengths, values and purpose, and the collaboration with clients as they develop a plan for moving forward.

Career Development

Leadership Development

Life Transitions

Laura is an empathetic listener who believes that every person has the potential and power to create their desired future. She specializes in working with clients that are trying to make a transition in their lives, either in their career, their relationships or their health. She takes a “whole person” approach with her clients and believes that an individual’s well-being, fulfillment and success are rooted in many interconnected factors.

Laura’s professional experience includes over 15 years in higher education administration including student support, communication, strategic planning, reporting, assessment and organization and leadership development. In addition to her private coaching practice, Laura has served as a member of the George Mason University’s workplace coaching program and mentors students in the school’s coach training programs. Laura is certified in the Myers Briggs Type Indicator, the EQ-i 2.0 and holds a Professional Certified Coach credential from the International Coaching Federation.

Laura has a master’s degree in Organizational Development and Knowledge Management from George Mason. She earned a graduate certificate in Leadership Coaching for Organizational Performance from the university. She completed her coach training through the Coaches Training Institute.

Professional Experience

Coach, Goose Creek Consulting
Leadership and Career Coaching, Phelps Coaching
Assistant Director, George Mason University
Director, George Mason University

Education

M.A., Knowledge Management, George Mason University
B.S., Marketing, George Mason University
