

LAURA NOEL

Leadership and Personal Growth Coach

RAT RACE
REBOOT
with Laura Noel

Key Focus: Helping leaders reach their highest potential

Laura Noel is an Organizational Development consultant, leadership coach, and a senior consultant and facilitator with The Arbinger Institute as well as an International Best Selling Author and Podcast Host. Prior to launching her business, Stretch Into Success, Laura served in the United States Air Force for more than 27 years, rising to the rank of Chief Master Sergeant. She spent much of her Air Force career teaching personal growth and leadership.

Since retiring from the Air Force, Laura has served as a consultant to organizations, individuals, and solopreneurs to streamline business processes while maximizing effectiveness, alignment, and impact. She helps clients stretch their thinking and mindsets in a way that opens them up to new possibilities.

Laura is a PsyD candidate in the field of Leadership Psychology and Neuroscience at William James College, where she serves as adjunct faculty. She has continued to develop her expertise as a coach and consultant through her studies. She also worked closely with her mentor, the late Bob Proctor, for years. Proctor who was a world-renowned expert in human potential and success.

Laura spent several years singing professionally in the USAF Band, both throughout the Boston area and around the world. When she's not helping clients improve their results, you can probably find her working on her music. She is married to her best friend and fellow Airman, Gary.

SUGGESTED INTRODUCTION:

If you're like most high-performing leaders, you're tired of being pulled in multiple directions with zero time left for yourself. As a Certified Proctor Gallagher Coach and 27-year military leader, Laura Noel, helps high-performers live empowered, fulfilling lives all while achieving their highest potential.

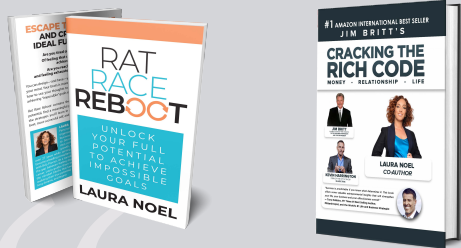
She helps leaders focus on what really matters, so they can stop feeling out-of-control, become more effective with their time, and spend more time discovering doing what they love.

INTERVIEW TOPICS

- **Align your self-image with success & break free from Impostor Syndrome**
- **Quit getting ready; the world needs your authentic leadership now**
- **Transcending external circumstances to leading self and others**
- **How to close the Knowing-Doing gap and create habits that stick**
- **Realizing your untapped potential, not through grit, but through the path of least resistance**
- **Effective decision-making & finding solutions in a VUCA environment**
- **A Neuro, brain-based approach to leading and connecting with others**



Laura Noël
STRETCH INTO SUCCESS
CONSULTING



With almost three decades of personal development and military leadership experience, few coaches are as skilled as Laura Noel. Her Thinking Into Results Consultant training has helped countless professionals unlock their true potential.

Joel Brown
Addicted2Success

CONNECT WITH LAURA

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