



Laura Dowling

Leadership Consultant
& Coach, PCC

MEET LAURA

Laura is a purpose-driven, growth-minded global workplace performance consultant and coach. With over a decade of experience, Laura specializes in leadership development, team effectiveness, and well-being in the workplace. Her mission is to bridge the gap between potential and performance, empowering individuals and teams to thrive.

An advocate of holistic professional development, Laura integrates emotional intelligence, mindset education, and a strengths-based philosophy into her transformative training, coaching, and culture workshops. Drawing from a diverse background in high-performance sport, management consulting,

international development, and leadership coaching, she is known for catalyzing sustainable change. Over the years, Laura has worked with thousands of emerging and established leaders across various sectors, helping them manage adaptive challenges, drive growth, and lead with impact.

Laura is the author of *The Everyday Leader: Inner Mastery, Outer Impact*, a book that provides actionable insights for those navigating change, both in personal life and leadership. She believes leadership is not just a title but a practice that belongs to everyone.

Relevant Areas & Industries of Expertise	Relevant Education & Training
• Executive & Leadership Coaching • Change Management Human Performance • Leadership Development Program & Design Career Development • Industries: Tech, Healthcare, Sports, Public sector, Transportation, Environmental, HR, Higher Education	• Global Gallup CliftonStrengths Coach • Coaching with Systemic Constellations • Emotional Intelligence Certified Practitioner, RocheMartin Maslow Executive Leadership and Culture Coach • BA, Psychology & Sociology, University of British Columbia • MSc, Population Health, University of Ulster