

Lauren E Miller Coaching/Stress Management/Training Reviews:

Lauren has been an amazing Sherpa! She's incredibly supportive, wise and insightful. Very quickly into our relationship, I felt like she really knew me! She always has a clear understanding of my challenges and fantastic suggestions, feedback and practical advice to help me solve for them. I feel instantly calmed after our sessions and energized to implement solutions. I'm so thankful for my time with Lauren, as I've learned so much from her & now have tools in place to continue to work on my challenge areas. She's the best!

- Liz Ryan, SVP Media at Publicis Health Media

Over my 30-year career, I have worked with a number of coaches. Often the content is similar. Lauren's content is new, fresh, and applicable. My Christian faith is incredibly important to me, and Lauren showed me new ways to weave my faith into my business in new ways. If you are contemplating an engagement with her.....take the plunge, you will be positively impacted in ways that you cannot imagine.

- Mark Neely, Regional President

My experience with Lauren was truly life changing. I had felt stuck for a couple of years and she asked me questions that unlocked a new and beautiful vision for my life moving forward. I was impressed by her knowledge and resourcefulness. She was able to name the experiences I was having and gave me several new frameworks to think about my growth and development. She is an incredible Coach and I highly recommend her to anyone who is looking to have a powerful experience.

- Margaret Bailey, Learning & Development Manager, Zappos

I had the opportunity to work with Lauren Miller during a time in my life that I will look back on as one of my hardest seasons. My stress level was so significant that I was barely sleeping and could not pay attention for more than a few seconds. I am so grateful that I was able to find Lauren and she was able to significantly decrease my stress and anxiety with her unique and powerful coaching techniques. She was able to coach me on coping skills that I still use today whenever I have a stressful situation or feel anxiety coming on. She is a compassionate, emotionally intelligent and skilled coach and I would highly recommend her to anyone needing guidance and direction to get through a tough season and get back to a healthy and productive life.

- Susan F., President

Sherpa Executive Coaching has been an invaluable experience for me. I have learned many things about myself and am now armed with new tools to be more effective and happier. I owe much of that to Lauren and how well we clicked. I'd highly recommend this program to anyone serious about opening up to become a better leader."

– Scott, SVP, Publicis Groupe

Lauren is the absolute best when it comes to teaching one to be their best. Everyone has things they are going through and the way in which Lauren works is amazingly adaptable in a group setting as well individually! One on one with Lauren gives you a feeling of being lifted, less weight on your shoulders for whatever it is you are going through! She is adaptable, transparent in how she relates through honesty, experience and listening. This results in a way of thinking you may not have done before, gives you questions to ask yourself for continued resolve as well as ways to provide daily enrichments that fulfill you through many different methods that are short yet spot on to give yourself the gift of YOU to start the day!

- Patty M., CEO

Lauren is a beautiful force of wisdom, grace, and guidance. She combines a genuine passion for human well-being with an impressive array of actionable tools and strategies. In my work with Lauren, I have discovered deeply entrenched patterns and learned new practices that support me in navigating the wild challenges of entrepreneurship with far more ease and insight. Lauren's coaching style is intensely personalized and engaged. She joins you as a partner on your journey-and helps clear the way to personal growth and success.

- Deb, Entrepreneur

Lauren Miller is dedicated to a life of service. She has both the will. and the skill to help you dig deep within in order to heal, grow and serve. Lauren has personally helped me identify both my strengths and weaknesses. She's taught me how recognize them, source them and work more effectively with them. With Lauren you'll find authenticity paired with approachability. What she teaches is tactical and practical, and her attention to detail makes it easy to incorporate into the hustle and bustle of everyday life. The way she strategizes makes goals achievable. I trust you'll find that Lauren will exceed your expectations. and open up a world of possibilities both personally and professionally.

- Ellen, Mortgage Lender

I highly recommend Lauren Miller as a coach. She is committed to developing the leadership talents and skills in each individual. She brings enthusiasm, support, knowledge and respect to each client. She is truly gifted.

- Natalie Francisco, Design Support Lead NREL

Even the experts need an expert. Lauren has been mine for over 1 year. Her programs are POWERFUL, producing results that are life transforming. She makes the complicated simple. I use her mindful rituals daily. Her mindset skills create an actual shift in consciousness from fear to faith, reminding me of my God given natural state to overcome and move through anything that stands before me.

- Les Brown, Author/Speaker

Lauren's programs are amazing; they enrich and expand your experience with life in ways that you forget are possible. She equips you with concrete skills that create shifts you can feel instantly. Whatever hardship or challenge you are facing or if you are a seeker like me, looking to expand your territory in this world, Lauren creates a program that is congruent with your gifts and talents and then empowers you with the ability to go for what you want, emotionally, spiritually and physically. I personally highly recommend her work in this world.

- Shellie Hunt, CEO Success By Design/The Women of Global Change

My experience with Lauren was truly life changing. I had felt stuck for a couple of years and she asked me questions that unlocked a new and beautiful vision for my life moving forward. I was impressed by her knowledge and resourcefulness. She was able to name the experiences I was having and gave me several new frameworks to think about my growth and development. She is an incredible Coach and I highly recommend her to anyone who is looking to have a powerful experience.

- Margaret Bailey

I love working with Lauren. She is an outstanding coach. I have worked with her for several years, and I never fail to leave a session without some major aha's about the roadblocks in my life. When I've been faced with difficulties and challenges, Lauren is compassionate, calming and wise. When I've been confused about next steps in life and business, Lauren offers me clarity and guidance. And when I'm ready and motivated, she gets me revved up and ready to take on the world. I am so fortunate to have found Lauren, as her wise words are always in my back pocket. She is the best of the best and I can't recommend her highly enough.

- Lizzie L

Big shout out to Lauren Miller. After just 2 "tapping" coaching sessions with her to release some issues that had been holding me back and -- pow! -- immediate results both times. She is very gifted, can't recommend her enough.

- Martia Nelson

Meeting Lauren has made all the difference in my life. I was at a turning point when I first met Lauren. I had been in counseling for years to work through some deep childhood wounds that were holding me in a prison of anger and resentment, which led to a deep depression. Becoming aware of those wounds in counseling was essential to my healing process, however that wasn't enough. Lauren equipped me with tools and practices to move me into the life God has called me to live: a victorious life of forgiveness and love. We are all spiritual beings having a physical experience during our time on earth and Lauren is committed to seeing her clients live as God's children, fully connected to His love and power so we live in the fullness of Him. Her personal story is a true testimony to her work and has served as an inspiration to me as I have moved through the process of forgiveness and healing. Not a day goes by that I don't exercise the tools that Lauren has armed me with to move to living a life of victory. God works through Lauren to move His people into His greatness and love.

- Sara

Lauren is amazing! She was very instrumental in my healing process. I had chronic stress that caused multiple health challenges. I had met with a Christian counselor six times previous to meeting Lauren. It was helpful but a slow process. Lauren and I accomplished major healing using her NLP in a couple of sessions. I find the NLP and tapping helpful in many situations whether it is for anxiety and stress or just physically not feeling well. I recommend tapping to family and friends all the time. After I hear Lauren speak, read one of her books, listen to one of her CD's or watch one of her DVD's I feel smarter, stronger, more capable and I am uplifted and motivated to go out into the world to spread love and joy. I learned peace from Lauren and how to be present in the moment. I am so grateful to God for knowing Lauren. She is a blessing! Her desire to help others, spread peace and love is contagious!

- Sheryl Boyles Parker, CO.

When I first began working with Lauren Miller, I felt overloaded with the demands of running my own business, staying connected to my husband and two boys, and finding a way to keep myself physically, mentally and emotionally healthy. Like many other people, I'd tried counseling, read self-help books and attended seminars, but I didn't feel that I'd found "the thing" to help me feel better about myself. I knew I was missing something, and felt unable to move forward in my business and personal life. Outwardly, I looked successful, and inside, I felt stuck and overwhelmed.

After just a few sessions with Lauren, things began to shift for me. I gained clarity. Decisions that once had been difficult, even agonizing, became easy. I stressed less and produced more. My creativity returned. My relationships improved. I felt better about myself and my purpose in life. If you have an opportunity to work with Lauren, jump at it! Thank you, Lauren, for your compassion, vision and love.

- Lindy Royer, Owner Park Meadows Pilates