

Executive Coaching/Stress Management/Training Reviews:

"We have worked with Sherpa Coaching for a long time, and here is what we found out in our latest research. Leaders who have had Sherpa Coaching are noticeably more effective than those who have not:

- *Almost 20% of leaders with a Sherpa coach moved up in their performance reviews from 'Met Goals' to 'Exceeded Some Goals' An additional 15% moved from 'Exceeded Some Goals' to 'Exceeded Most or All Goals'.*
- *That is a huge improvement. This removes any doubt about the effectiveness of Sherpa Coaching. We will continue to build our internal coaching staff with confidence."*

-Stephen Subasic, VP Human Resources, Stanley Black & Decker

Three high potential females completed the 1:1 Sherpa Executive Coaching Program and were promoted to the top position as president of a Toyota manufacturing plant.

- Toyota

Lauren,

I wanted to send you a note thanking you for being my coach, counselor in the journey to becoming a better leader. I'm not sure if it was pure happenstance or there were forces at play when we were matched, but I could not think of a more perfect Sherpa for the individual sessions, in really helping me to discover invaluable self-truths during our time together. Admittedly, I walked into not only the 1:1s but the week of leadership training a bit skeptical not knowing what to expect. But I came out of it that much more appreciative for being nominated, being able to go through the process, and especially for you working with me.

As I shared with you, I'm working through some rather challenging times. There were I suppose two ways I could have handled it... 1) to pause our sessions and tackle it all on my own or 2) be transparent and ask/allow you to coach me through it, as a real-life case study. I'm certainly glad I chose the latter. The questions you posed to help me arrive at answers and truths, the tools and advice you provided, your encouragement, and push to identify and point me back to my "why it matters" was invaluable to me.

So, thank you. I know you work with a ton of people. But I marveled at how you remembered our conversations and even the smallest details as we progressed in the journey... which made the journey feel cohesive, linked as we went from one session to the next.

I got from all of this what I suppose was the intent of this gift – to come out of it a better leader, coach, mentor, and teammate. But as some bonus extra, I also got a boost (or recovered) some mojo to be the very best I can.

I'll let you know how the next few weeks all play out. But regardless of the outcome, I owe you a big thank you and big bouquet of tootsie pops.

Cheers, and take care.

*Thomas
Zenith
SVP, Strategy*

Lauren, I've been able to maintain command and control largely due to your coaching.

The tools have also allowed be to step out of my comfort zone, better direct behaviors and manage stress. This has led to some recent opportunities and advancements like:

- Being a key member of 2 highly visible new business pitches that we won!*
- Nomination for an industry award*
- Panel and event speaking invites (albeit I did turn one down because of stage fright)*
- Better team morale and positive change behaviors from challenging employees.*

All thanks to you and the program! Can't thank you enough.

*Crystal Wallace
SVP, SPARK Foundry*

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, AXA 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