

INDIVIDUAL

Individual programs range from 4-12 sessions, depending on the needs of the individual. My 4-session program provides a foundation to positive psychology to start modifying your thought patterns. 12 session programs available for the individual who wants to continue their transformation and make permanent thought and behavior changes.



GROUP

Group programs offer an ideal approach to retain top talent. Our program invites 10 top performers to participate in one-on-one individualized coaching. Each stakeholder participates in directed positive psychology practice. The program participants become a team of well-being experts within the organization and make a positive impact on their teams and their lives.

CORPORATE WELLNESS

A job should be a place that promotes healthiness, both mentally and physically. Yet 70% of the workforce reports feeling burned out always or sometimes. I offer lunch-n-learn presentations on building character strengths, resilience, time management and ways to prevent burnout. As well as interactive workshops where participants can practice the skills with each other.

PLAY BASED WORKSHOPS

As adults, we often forget the power of play. I offer workshops for fun and interactive presentations. Participants use arts and crafts as well as role playing to learn new skills. Appropriate for ages 10-80!

ABOUT LAUREN OGLE, PCC, MAPP



Lauren made the shift to wellness coaching after 12 years of progressively senior marketing positions at major financial institutions. She coached thousands of Financial Advisors and Corporate Bankers on how to grow their business and build their personal brand. However, she also wanted to prevent the sales force from becoming burned out. This was her inspiration for founding [CoachOgle](#).

She earned her Master of Applied Positive Psychology at University of Pennsylvania's renowned program. She studied the science of well-being with Dr. Martin Seligman, the founder of Positive Psychology as well as Dr. Angela Duckworth, the genius behind building "Grit." Lauren spent years researching evidence-based ways to help professionals live a more balanced and joyful life, alongside work and relationship conflicts.

Every day she is grateful to be able to coach employees through life's challenges and prevent burnout. Lauren lives in Connecticut with her husband, two children and dog.

- Professional Certified Coach accreditation through the ICF
- University of Pennsylvania, Master of Applied Positive Psychology
- 1000+ hours of coaching experience

**Tell me, I forget. Teach me, I remember.
Involve me, I learn. - Ben Franklin**