

LAUREN TENNEY

*SENIOR LEADERSHIP CONSULTANT &
EXECUTIVE COACH*



Lauren is a senior consultant, coach and facilitator with deep expertise in transformative learning, adult development, and the psycho-social dynamics of human systems.

Lauren is deeply fulfilled by collaborating with others on the facilitation of environments where every person can experience the truth of how their inner being shapes their outer doing. This contemplative path of becoming awake to ourselves through our relationships, limitations, griefs, and gifts is what Lauren is guided by.

Lauren designs and facilitates developmental learning programs for clients ranging from Fortune 500s to small and mid-sized startups, and works closely with individual leaders and small teams. Her clients are people across life stages and professional contexts; including executives, engineers, fellow coaches and consultants, tech entrepreneurs and leaders in healthcare. Her background includes first-hand experience working with multiple distributed governance methods, including Holacracy, Sociocracy, and Agile. At heart, she simply adores learning together with others, and most of all, in creating cultures where openness to learning unites people in and through their differences.

Lauren received her MA in Holistic Studies (Integral Theory), and she holds certifications as a Presence Based Coach, ACC, and Integral Facilitator. She has trained as a mediator, and is certified in the use of the Leadership Circle Profile, Polarity Thinking (PACT), iEQ9 Enneagram, and Be Well Lead Well Pulse. She has deep experience working with depth, developmental, and somatic approaches to psychotherapy as a learner and a practitioner. Lauren lives on the coast of Maine with her beloved husband and two daughters.