

Laurie Crawford Coaching, LLC

MY PURPOSE

To deepen awareness and serve as a catalyst for personal and global transformation.

MY BELIEF

I believe that millions more women coming into their power will bring about a kinder, gentler, more compassionate and just world where all people have the opportunity to reach their potential.

MY VISION (What is my dream?)

To empower one million women to create a future they desire.

MY MISSION (What am I doing to make the Vision happen?)

To provide transformational coaching and learning experiences that inspire women to own their power, make meaningful changes, and thrive.

MY VALUES (Guide my behavior)

Presence, Relevance, Abundance Mindset, Healthy Living, Integrity

Presence - We all want to be seen and understood. I commit to being in the moment, right alongside you; meeting you where you are, without judgment; and being fully focused on you and your potential.

Relevance – Coaching is about what you want to achieve and what’s relevant to your life; it’s about your priorities, learning, and growth. I commit to focusing on your future, helping you identify meaningful and measurable goals, monitoring progress, making adjustments where necessary, and celebrating your learning and success along the way.

Abundance Mindset - There is more than enough in this world for everyone. I commit to thinking big, sharing knowledge, connecting people, being grateful, supporting others’ growth, embracing change, being proactive, and learning continuously.

Healthy Living - To bring myself fully to every engagement with you, taking good care of my mind, body, and spirit is essential. I commit to nourishing myself with continuous learning, mindfulness practices, healthy eating, yoga, intentional reflection, and connection with family, friends, and community.

Integrity - Living with integrity is the value that supports all others; it is about bringing my authentic self to every relationship and situation. I commit to honesty, consistency, kindness, and compassion in my words, actions, decisions, methods, and outcomes.