



Lauren Stidham

Guest Speaker: January 3, 2025

BLUEPRINT TO BLOOM LIFE COACHING



Lauren Stidham is a born and raised native of Tucson, Arizona. After graduation, she went to Northern Arizona University, where she dual majored in elementary and special education. Lauren stayed in education for 7 years.

Through self-exploration, she landed on Life Coaching. As soon as she settled into her first coach training class at the Institute for Integrative Intelligence in the Fall of 2019, it felt like home. Coaching was the perfect place for her to use some of her top strengths like empathy, compassion, strategic thinking, and asking deep questions. In the Spring of 2020 (mid-pandemic), she opened her own coaching practice and started helping others be the architect of a life they love. About a year after that, she took on the role of Dean of Students at the [Institute for Integrative Intelligence](#). There she supports students/alumni, teaches classes, and coaches.

As an ICF Certified Coach, Certified Professional Integrative Coach, and Enneagram Specialist, I work with people who desire to have a deeper understanding of themselves, so they can let go of fear, get unstuck, and move courageously towards their best life!

- **I can help answer questions like: What should I do with my life? Why am I feeling this way? How can I make real progress?**
- **Together, we will clarify your goals, brainstorm strategies for overcoming obstacles holding you back, and figure out your next steps forward toward your dreams.**
- **We will explore your unique skills and gifts which can help you to make the most of your strengths. You will learn to trust your inner guidance.**
- **Through support and accountability, you will have the tools you need to achieve long-lasting change in your career, business, and life.**