

LAUREN MAGISTRO

COACHING & CONSULTING

Leadership Workshop Offerings - Menu

LEAD *with* IMPACT

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I have a six-month Group Coaching Program for emerging leaders (high performing ICs or newer managers) called 'LEAD With Impact' which I offer for both corporate groups & individuals.

The program includes a series of 5 modules. Between the workshops each participant receives access to group or 1:1 coaching to integrate what they've learned and apply it to their unique scenario.

Below is a list of the workshops that are included, which can also be offered a-la-carte. Each workshop is designed to be 2 hours, but can be scaled down or broken up into two sessions if you prefer. I make sure they are conversational to keep engagement up, and include skill drills and time to practice.

Unlocking Your Authentic Leader Identity

The goal of this workshop is to help every person see that they can be a leader today, no matter their title or level. It positions leadership as a choice. Then we dive into the kinds of leadership that inspire us, and go through a short, guided visualization to meet your "leader within," your authentic leader-self, and leave with this as an inner resource to use any time you experience imposter syndrome or feel stuck or unsure what to do.

Emotionally Intelligent Leadership

This workshop highlights how emotional intelligence is the most important skill leaders can have, and becomes proportionally more important the higher you go in an organization. We break down each of the 4 dimensions of EQ including Self-Awareness, Self-Management, Social Awareness/Empathy, and Relationship Management. Most of the information included is based on Daniel Goleman's research.

Option to provide an EQ assessment & book to each participant – I use *Emotional Intelligence 2.0* for both the assessment & book which includes tactical ideas to implement.

Communicating with Clarity and Confidence

This workshop starts with defining what gets in the way of communication and how easy it is to have miscommunications. Then we deep dive into Active Listening skills and how to leverage these to become a better communicator. Followed by a focus on making clear requests and how to delegate and ensure you get back what you ask for.

The Art of Giving & Receiving Feedback

This workshop focuses first on what can get in the way of receiving feedback and common feedback triggers and how to overcome them. Then we shift into giving feedback and teach my 5-step method for delivering feedback with ease. I also have a workbook that can accompany this which they can use to prep for any feedback convo.

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How to Influence Without Authority

This workshop focuses on how to lead with influence without authority. We dive into the psychology of persuasion and how you can leverage our natural human psyches to get people on board with your ideas. We talk about the mindset of acting as though everyone is on your team, and methods for driving collaboration cross functionally.

Workshop Topic of your Choosing

I can create additional workshops based on a variety of topics, just let me know what you're looking for and I can scope out some ideas.

For inspiration, some recent ones I've designed and facilitated include:

- Empowered Leadership: Taking an Owner Mentality
- From Overwhelm to Organized: Project & Time Management Techniques
- How to Delegate & Give Effective Feedback with Confidence
- Understanding Team Communication Styles: Speaking Up & Being Heard
- The Art of Communicating at the Executive level: VP & C-Suite Ready comms
- Coaching with Curiosity & Cultivating Curiosity as a Super Power
- Managing in Tense Moments: De-escalation & Using Conflict Effectively
- Avoiding Burnout: Strategies for Stress Management
- The Top 5 Habits of the Most Successful Managers
- Ten Ways to Self-Advocate as a Female Leader
- How to Effectively Lead through a Reorg
- Keys to Prioritizing When You're Overwhelmed

Leadership Assessments

I am also certified in the [LEAD Now! Leadership assessment](#) which has both a Self-Assessment and 360 Assessment for leaders. I recommend one of these when kicking off a 1:1 coaching engagement.

1:1 Executive Leadership Coaching

Through my 1:1 coaching I partner with clients to understand and leverage their natural strengths, work through any blind spots, and to develop the skills to excel in their current and next-level role. Through working together 1:1, we unlock more confidence, shift any limiting beliefs, and I'm able to provide support, actionable strategies, and accountability to help clients achieve their goals.

The standard 1:1 Coaching engagement is 6 months – this includes 12 bi-weekly one-hour coaching calls, an Emotional Intelligence and/or Leadership Assessment, on-going email and audio message support between calls, plus supporting workbooks and resources.

Recommended for Manager, Director, and VP level leaders.

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About Lauren

Hi, I'm Lauren Magistro! I'm a former executive and ICF-Certified Coach. Before starting my business, I was an executive leader myself, working my way up through the ranks from an IC to Manager to a Director and VP, scaling high performing teams at a variety of tech start-ups in the Bay Area. After spending 13 years cultivating the next phase of leaders within the corporate environment, I discovered my natural passion and gift for coaching.

My coaching methods are grounded in the co-active model, which lays a foundation on my client's core values & purpose, calls forth their best self, and evokes powerful transformation in how they show up — in both their professional and personal life. I draw on my decade+ of leading corporate teams to develop high impact, applicable training programs that support leaders' development.



I am a native Californian and live in San Francisco, savoring the beautiful bay views as often as I can. I have a B.A. in Mass Communications from The University of California, Berkeley and completed my coach training & certification ([CPCC](#)) through The Co-active Training Institute.

Get in Touch with Lauren to Explore Corporate Options

- Email: lauren@laurenmagistro.com
- Book an intro call: <https://laurenmagistrocoaching.as.me/30min>

Corporate Clients Include:

