Thursday, October 24, 2019 – 1:45 – 2:15 pm
Put me in Coach!: How to be a Great Coach or Mentor

Lauren Soderstrom

Coaching and mentoring have become increasingly necessary in today's organizations. They are used for both personal and professional development and help to build morale and improve employee retention. While coaching and mentoring are similar, they are not the same. In this session we will address the similarities - and differences of these critical roles. Lauren Soderstrom, Senior Organizational Development Partner for HR Source, will explore the objectives and responsibilities of a coach and a mentor as well as the benefits – for both the individual and the organization - resulting from successful coaching and mentoring by encouraging individuals to achieve their potential.

About the presenter:
Lauren’s passion is helping others realize their potential. She accomplishes this through executive and interpersonal coaching as well as by conducting training at member locations or at HR Source’s public programs. As a Gallup certified strength coach, Lauren feels her life’s mission is helping others discover and maximize their unique gifts and improve team performance.