



LAUREN FRYE, PHD, BCC

Executive Coach

CONTACT



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AREAS OF SPECIALIZATION

Leadership Development
Emerging Leaders
Leveraging Strengths
Career Transition
Servant Leadership
Change Management
Strategic Alignment
Agility Leadership
Work-Life Resilience
Stress Management
Emotional Intelligence
Mindful Awareness

CERTIFICATIONS/TRAINING

Board Certified Coach
Licensed Psychologist
Hogan Assessments
Center for Creative Leadership 360
Strategic Change Management
Integrated Talent Management

EDUCATION

MA/PhD Clinical Psychology
Western Michigan University

BS Psychology
Western Michigan University

PROFESSIONAL SUMMARY

Dr. Lauren Frye is a licensed psychologist and leadership development coach with board-certified, accredited coach training, and executive education. With over 20 years of expertise in human behavior and responses to change, she has inspired growth, agility, and resilience among leaders representing various industries including healthcare, education, human resources, financial, information technology, and manufacturing. Leveraging behavioral science, leadership development, change management, and empirical approaches, Lauren supports leaders in enhancing awareness, stewarding positive change, and elevating the best in others.

Recognizing the empowering impact inclusion, servant leadership, psychological safety, and human-centered strategies have on building trust, understanding, support, and engagement, Lauren's approach to fostering sustainable change is purpose-driven, performance-focused, principled, and promotes continuous learning.

With a focus on cultivating mindsets and behaviors that foster change resilience, innovation, and operational excellence, her coaching approach reinforces vision and values-aligned action, agility, and meaningful service to others. With personalized attention, guided support, and a trusting professional relationship, Lauren emboldens leader empowerment and the courage to leverage strengths, model compassion, and further growth in oneself and others.