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# LARA HEACOCK

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## Leadership Coach. Speaker. Kindness Ambassador

Lara Heacock helps leaders and corporations leverage kindness to gain powerful results.

Lara helps leaders lean into kindness to unlock blind spots, increase self-awareness, and improve their performance – even when it’s difficult.

She’s a speaker, trainer and leadership coach with almost 20 years’ experience in corporate America, leading multi-million dollar projects.

She’s also an award winning writer, engaging speaker and innovative trainer.

Kindness and corporate America perhaps don’t seem like obvious bedfellows – but kindness is the difference that makes all the difference.

Far from being an easy way out, kindness helps us to do the hard stuff. It helps build resilience, increase engagement and reduce turnover.

It helps to foster loyalty, creativity, and innovation – in other words, it impacts our emotional bottom line as well as the financial one.

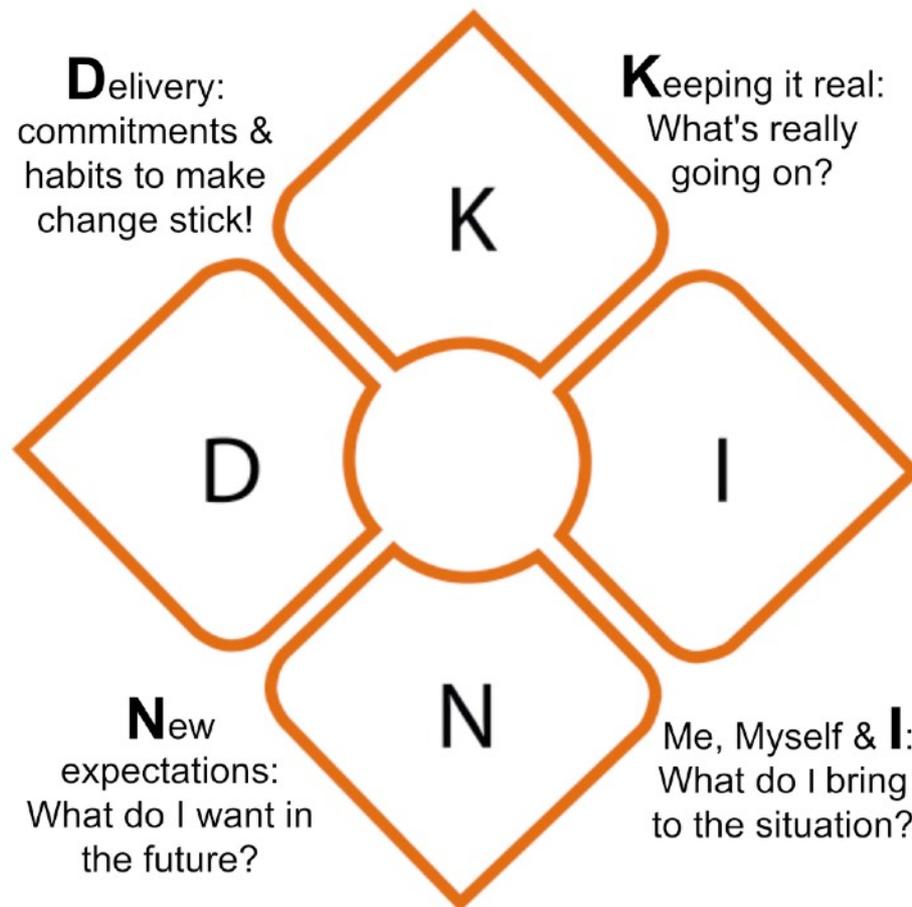
**Lara can incorporate her content into your theme and is available to speak authentically and passionately about:**

- Kindness in Business
- The KIND Process in Action
- Balance in the Workplace
- Imposter Syndrome
- Beyond Confidence – what you really need to thrive



Lara has developed her signature Kindness in Business Process over her 20 years of work in corporate America and as a speaker, coach, and educator. The KIND process provides a robust yet flexible model that can be utilized with both individuals and groups to reduce conflict, maximize performance, and deliver results.

The KINDness in Business Process:



Results = A resolution to the situation AND a new set of skills, habits, and resources that can be utilized time and time again.

- Focus is increased.
- Problems are more readily resolved.
- Focus, engagement, and trust increase.

The KINDness In Business process drives productivity, efficiency, and impact by building the discipline to find and focus on core challenges. Leaders can use this model to promote collaborative, iterative learning that in turn delivers higher organizational performance across a range of markers.

**To find out more or to find out how you can have Lara speak at your next event, contact us at: [www.laraheacock.com/contact](http://www.laraheacock.com/contact)**