



LAUREN ZULLI

Facilitator and Coach

Lauren Zulli is passionate about helping people unlock their potential, reduce human struggles, and own their unique abilities. Over the last 7 years, Lauren has worked with leaders, teams, and senior executives to help uncover blind spots to individual and collective productivity and leadership effectiveness.

Lauren has coached and consulted in public and private sectors, serving many Fortune 500 companies across diverse industries, including information technology, manufacturing, healthcare, hospitality, finance, and education. She leverages evidence-based practices and assessments rooted in neuroscience, cognitive behavioral psychology, and mindfulness to build high-performing teams and cultures.

Her strength is integrating strategic and critical thinking skills with interpersonal, empathetic, and creative perspectives to improve individual and organizational effectiveness. Lauren also is a Mindfulness-Based Stress Reduction Qualified Teacher (MBSR) from the University of California San Diego. Lauren is an independent contractor with FlashPoint.

EDUCATION

Duquesne University
M.B.A Sustainability

University of Pittsburgh
B.S. Physics and Astronomy
B.S. Applied Mathematics

TRAINING & CERTIFICATIONS

Professional Certified Coach (PCC)

International Coaching Federation

PCC Marker Training

International Coaching Federation

Registered Mentor Coach

International Coaching Federation

iPEC Certified Coach

Institute for Professional Excellence in Coaching

Everything DiSC®

Certified Practitioner

The Five Behaviors®

Certified Practitioner

Energy Leadership™ Index Master Practitioner

Institute of Professional Excellence in Coaching (IPEC)

Psychological Safety 1:1 Credential

The Academy of Brain-Based Leadership

Safety Coach Credential

The Academy of Brain-Based Leadership