



LAURA LICATO

ASSOCIATE CERTIFIED COACH, LEADERSHIP DEVELOPMENT

OVERVIEW

Laura Licato is a passionate Leadership Development Coach, teacher, trainer, and scientist who helps individuals, groups, and organizations reach beyond their goals into their highest potential. She specializes in executive and faculty development, focusing on enhanced job performance, resilience, engagement, and health through the development of personal leadership attributes and competencies, such as emotional intelligence and peaceful conflict resolution. She supports people in making transformative and sustainable changes which bring forth their most engaged and effective selves.

In addition to providing coaching, workshop trainings, and consulting she teaches Integrative Wellness Coaching to graduate students in the Mind-Body Medicine program, College of Integrative Medicine and Health Sciences, at Saybrook University. She has a deep love for teaching, mentoring, and training program development, so derives much joy from her work training the next generation of coaches. She inspires her students with her own love of learning, insatiable curiosity, and drive to create supportive community. Laura is also currently serving on the ICF Houston Chapter Board of Directors.

Holding a PhD in Microbiology and Immunology, Laura leverages her 20+ years of experience in the healthcare field as a successful cancer research scientist and manager prior to becoming a coach. Throughout her scientific career, she excelled at nurturing the professional growth of her employees, empowering them to achieve new levels of success and satisfaction. She brings her expertise in creating collaborative work environments, enhancing team dynamics, and creating impactful and sustainable strategies for continuous improvement to her coaching.

WHAT CLIENTS SAY

"Laura has been my personal coach and the experience has been invaluable. She is brilliant at helping you reflect and grow in your focus areas. I highly recommend her regardless of where you are in your career or life journey. She's an incredible asset to have as part of your network!"

—**AVP Facilities Planning Design and Construction, M.D. Anderson**

"Dr. Licato is an amazing coach and facilitator. We had no budget and no resources. Yet, she conducted a thorough needs assessment and developed a comprehensive coaching program for our faculty. What impressed me about Laura was her poise, clear communication, and ability to connect individually with every faculty member on the team. Laura has a natural ability to make people comfortable. She really understands the motives that drive the people that surround her, and she empowers them to achieve things they never thought possible. She was the driving force behind the success of our faculty coaching program. Laura makes the impossible possible!"

—**Executive Director, Faculty Engagement and Development Office, University of Houston**

CLIENTS ARE LEADERS AT THESE REPRESENTATIVE COMPANIES

University of Texas MD Anderson Cancer Center · Harris Health System
University of Houston · Saybrook University

EDUCATION

- 177 hours of Great Story Program coach training, Lucid Living
- 140 hours of Coaching for Transformation coach training, Leadership That Works
- Ph.D. in Microbiology & Immunology, University of North Carolina at Chapel Hill
- B.S. in Biology, Villanova University

CERTIFICATIONS

- International Coaching Federation (ICF) Associate Certified Coach (ACC)
- International Coaching Federation (ICF) Mentor Coach
- National Board Certified Health & Wellness Coach (NBC-HWC)
- Leadership That Works Certified Professional Coach (CPC)
- Certified Emotional Intelligence (EQi 2.0) and EQi 360 Consultant
- Certified Birkman Method Consultant

AREAS OF EXPERTISE

- Adapting Leadership Style to Others
- Building and Maintaining Trust
- Conflict Engagement
- Creating a Learning Culture
- Crucial Conversations
- Decision Making & Influence
- Effective Communication
- Emotional Intelligence
- Employee Engagement
- Executive Onboarding
- Leadership Development
- Problem Solving
- Strategic Planning
- Team Building & Team Dynamics

RESULTS: TRANSITION TO TRANSFORMATION

Representative engagements

- Supported University of Houston faculty through group coaching & facilitation of enhanced leadership skill development with Faculty Engagement and Development.
- Delivered nonviolent communication-based skills training and mediation services to business and nonprofit leaders focused on enhancing executive team performance.
- Provided training & facilitation in Constructive Communication and Peaceful Conflict Resolution for executive leadership and work teams at a medical technology company in Houston, TX.
- Delivered training program development services and coaching skills workshops for internal coach development in small- and medium-sized organizations, as well as in the university setting.

Ongoing engagements

- Laura supports leaders in healthcare through 1:1 executive coaching, including clients at The University of Texas M.D. Anderson Cancer Center. Her clients' focus on goals like enhancing effectiveness in leading upwards and downwards, developing executive presence, setting boundaries and accountability, and matching leadership styles to others.
- Laura supports leaders in healthcare at Harris Health System through facilitating large group leadership training and small group "leader labs" focused on application and practice.