



Lauren Davis

Clinical & Consulting Psychologist

Lauren completed her Masters in Clinical Psychology at Stellenbosch University after which she spent some time exploring the hospital and private practice aspects of clinical psychology. She then decided to enter into the corporate world with a focus on individual, team and organisational development.

Lauren has extensive experience in leadership development; coaching; facilitation; career management and development; talent analysis and management; strategy facilitation, creating a values driven organisation, psychometric assessments; employee engagement; corporate culture and values; designing and implementing internal mentoring programmes, team effectiveness and organisational development. Lauren is passionate and enthusiastic about the work that she does, bringing authenticity and integrity

into all her interactions. For her, work is play and she thoroughly loves what she does on a daily basis. Building authentic relationships, being witness to personal, team and organizational growth and encouraging individuals to work towards living life wholeheartedly are Lauren's main drivers.

Lauren believes that her clinical psychology background brings added value to the corporate world where her knowledge and continuous study of human behaviour enables her to provide insight into supporting and guiding employees and leaders in the business world to move towards finding their purpose, unleashing their passion, fulfilling their potential and optimising their performance. Lauren is passionate about partnering with companies and their employees to reach higher levels of engagement, satisfaction, productivity and ultimately business effectiveness.

Personal Philosophies

“It takes courage to be vulnerable.” – *Brene Brown*

“Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our Light, not our Darkness, that most frightens us.” – *Marianne Williamson*

It's about the 90/10 principle. 10% is what actually happens, 90% is about your attitude. Change your thoughts, Change your world.

“You deserve what you tolerate” – *Peter Block*

Are you surviving or thriving?

Clients Lauren has been associated with:

- Ackermans
- ArtInsure
- Datafin IT Recruitment
- Fairsure
- Hollard
- Hollard Group Risk
- Oude Werf Hotel
- PetroSA
- RBS Insurance Brokers
- RGA Reinsurance
- TAJ Cape Town
- Townhouse Hotel
- Vineyard Hotel
- Woolworths

Accredited Practitioner in the following:

- Cognitive Process Profile
- Discovery Insights
- EQ-I
- 15FQ+
- Flawless Consulting Facilitator
- Hogan Assessment suite (Personality, Derailers + Values)
- Leadership Versatility Index
- Myers-Briggs Type Indicator
- Registered with the Health Professions Council

Contact details

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