

Laura Rochelle Ragin - CPE Instructor ^[1]

Laura Rochelle Ragin is a certified life coach who helps busy professionals bring back balance in a life that has become exhausting and stressed from too many commitments or responsibilities.

The foundation of her practice is rooted in self-care. Her definition of self-care aligns with the National Wellness Institute dimensions of wellness, a holistic and complete approach to all aspects of who we are as human beings.

Before beginning her coaching business, Laura was a certified public accountant with numerous managerial positions in private corporations, government, and higher education. During this time, her roles included responsibilities for people, processes, and profits.

In addition, she has years of people development through training, coaching, and mentoring. Prior to transitioning to coaching full-time, her position was Assistant Vice Chancellor and Controller for the University of Colorado Boulder.

She was listed as one of the Top 15 Coaches for Denver in 2022 by Influence Digest.

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