

## Laura Ollinger

Teen and Parent Coach

Laura Ollinger is a passionate and dedicated Teen & Parent Well-Being Coach committed to guiding teenagers through the challenges of modern life and empowering parents to support them effectively.

Laura is a Teen & Parent Well-Being Coach, Speaker, and Educator. A mother of four, and she has called Austin, Texas her home for the past 16 years.

She holds a Master's in Health and Wellness Education, is a National Board Certified Health and Wellness Coach, and is a Licensed Neuroencoding Specialist. She has trained under Dr. Amen, Dr. Shefali, Love and Logic, and Positive Parenting Solutions.



### Speaking Topics

- ✓ Growth Mindset
- ✓ Stress, Anxiety and Overwhelm
- ✓ Confidence, Courage, and Self-Certainty
- ✓ 5 Keys to Raising Resilient Kids & Teens
- ✓ How to Raise Your Teen Without Freaking Out

### Available For

- ✓ School Assemblies
- ✓ Parent Workshops
- ✓ Keynotes at Conferences & Events
- ✓ Panel Discussions
- ✓ Podcast Interviews

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