

About Laura

I'm Laura, an ICF Accredited Mindset Coach, Clinical Hypnotherapist and Mum of boys.

My first hand experience of being a mother has opened my eyes to where more support is needed, to help all parents through the monumental phases of change they experience.

I am on a mission to provide as many parents with the support they deserve, globally.

I have combined my first hand experience of being a mother with my expertise in coaching plus my 15+ years supporting executives, to passionately support parents who are navigating the (often stressful) juggle that is modern parenthood.

I help parents let go of the guilt, stress overwhelm and imposter syndrome they so often feel, to empower them to thrive; feeling calm, confident and in control.



Laura Styles
Mindset Coach



How I can help

In my role as a therapeutic coach I facilitate positive change in my clients thoughts, emotions and behaviours, to help them build the mental and physical skills needed to support lasting change.

I can support parents in your workplace via three approaches (all approaches adapted to suit your needs in the business. All offerings facilitated virtually, although if located within a 10 mile radius, I can deliver workshops in-person)

Workshops (60-minute session, 20 ppl max)

Interactive, research-backed and emotionally intelligent sessions.

Workshops are interactive, highly practical, grounded in psychology and nervous-system science, and consistently receive strong feedback. Replay and follow-up resources included.

Popular topics include:

- **Managing the mental load:** Understanding and sharing invisible labour at home and work
- **The psychology of parenting:** Nervous system science and emotional regulation for parents (a highly impactful, foundational session)
- **Setting boundaries without guilt:** Protecting time and energy whilst staying connected

Workshop length, tone and focus can be adjusted depending on the audience.

Investment: £700



1:1 Coaching for Parents: (5-Session Package)

A personalised option for parents needing targeted 1:1 support during a specific transition or pressure point.

Includes:

- 1 x 30-minute chemistry call and assessment
- 5 x 60-minute private coaching sessions
- Support with emotional regulation, identity shifts, boundaries and burnout prevention
- Space to work through individual parenting challenges (e.g. behaviour, sleep, work–family tension)
- Curated, science-backed follow-up resources after sessions

Investment: £1,495 per parent

Group Coaching: 12-week Rewire & Thrive™ Programme (up to 4 parents)

Rewire & Thrive™ is my signature methodology and is delivered as a complete programme to ensure consistent, proven outcomes. It was created specifically for career-driven parents who want meaningful change without adding to their mental load.

The method is built on five core pillars, integrating behavioural psychology, attachment science, neuroscience, nervous-system regulation, subconscious re-patterning, somatic work, trauma-aware and neuro-affirming approaches. To my knowledge, it is the only method that addresses the full range of factors that influence how parents show up - at home and at work.

Programme includes:

- 6 x live, 60-minute bi-weekly group coaching sessions (over 12 weeks)
- A structured, step-by-step framework rather than ad hoc support
- On-demand videos, audios, tools and guided reflections to embed change between sessions
- Ongoing nervous-system regulation support to reduce stress/anxiety
- Peer connection and shared learning within a small, confidential cohort
- A wellbeing gift sent to participants to support the journey

Investment: £4,995 per cohort

Credentials & Testimonials.

- Accredited Mindset Coach
- NLP Practitioner
- Advanced Diploma in Clinical Hypnotherapy
- BSc in Marketing and HR
- Trauma informed
- 15+ years in corporate (tech + FMCG)
- Podcaster

“Coaching has transformed my mindset, and therefore my confidence, and happiness in all aspects of my life. I came to Laura at a time where I felt overwhelmed with the pressures of life as a working parent. My time didn't feel like my own, I didn't feel in control of what got my attention and I felt like I was failing at everything. I was in a constant state of heightened emotion and had lost my self-belief. My self-confidence is now restored and I feel happier - in my time with my daughter and in my time at work. I feel like myself again, but a new version of me as a parent. I'm so grateful to Laura for her help and compassion. She has a way of making you feel safe, heard and supported. Her techniques help you unpack what's going on and make changes where it matters most, and this has brought me so many light-bulb moments.

Jen - Head of Product

“I worked with Laura to get support in managing stress levels and ensuring my work didn't get in the way of kids' bedtimes and the routine parenting I hoped to be present for. I had become anxious, stressed and felt imposter syndrome following a promotion and Laura used her mindset expertise and NLP techniques to support me. I was highly impressed at the level of transformation she created for me. I didn't expect to feel such a big internal shift. I really recommend Laura - she is an emotionally intelligent coach who is engaging, encouraging and incredibly supportive.

Stuart - Management Accountant

TMG



Let's Connect.



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