



## **What Will Set You Free**

Certified Coach

### **Laura Brinkman**

Laura Brinkman is a Licensed Professional Counselor Candidate (LPCC). She has dedicated her career to supporting individuals and communities and disrupting broken systems. As a lifelong learner and retired educator, she is driven by a belief in human potential.

After serving 33 years in education and recovering from breast cancer, Laura knew it was time to change. The emotional health of her students and staff was always a priority, and it was time to do the same for herself. Laura's mental, emotional, spiritual, and physical health hinged on learning to let go of control and surrender. Spirit guided her to pursue a Master's in Clinical Mental Health and become a licensed therapist. Laura has supported individuals across the lifespan and has witnessed, personally and professionally, the power of vulnerability and surrender.

Laura's clients have shared that her sense of humor, life experiences, and authenticity help create a safe space for change and inner work. Her training includes a Master's in Clinical Mental Health, an active principal's license, and an MA and BA in Special Education. Most recently, Laura has been trained and certified as an Emotional Freedom Coach. She is honored to support others in finding inner peace and learning to surrender.

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