

# Lauren Grimshaw

As Chief of Staff at McGrath Training Solutions, Lauren Grimshaw spearheads strategic initiatives aimed at optimizing organizational efficiency and fostering business growth. Leveraging her expertise, Lauren develops both short-term and long-term strategic plans, meticulously aligning them with the company's objectives. In her role as a Senior Trainer, she delivers training, including the McGrath Response System™ and SUCCEED with TRUE-SPEAK™, to school district administrators nationwide. Additionally, Lauren provides invaluable support to McGrath Local Certified Instructors, ensuring the seamless dissemination of training materials and methodologies.

With a Master of Business Administration from Rochester Institute of Technology and a Bachelor of Science in Systems & Information Engineering from the University of Virginia, Lauren brings a wealth of academic rigor to her professional endeavors. Her credentials also include certifications as a Certified Scrum Product Owner and a Project Management Professional. Moreover, Lauren has contributed her expertise to the Executive MBA program at Saunders Business School, Rochester Institute of Technology, as an Adjunct Faculty Member, teaching Leadership and Development.

Her diverse background, encompassing both military and civilian spheres, enriches her leadership style, allowing her to navigate complex challenges with adaptability and resilience. As a seasoned designer and facilitator of executive offsites and leadership retreats, she employs a holistic approach grounded in evidence-based sciences and practices, including neuroscience, psychological safety, appreciative inquiry, emotional intelligence, and experiential learning.

Prior to her facilitation work, Lauren excelled as a strategy consultant for several years, assisting business leaders with key scaling initiatives. She also served as Chief Operating Officer for a non-profit organization, which later integrated into Columbia University's Center for Veteran Transition and Integration. She also led Product and Project Management at SADA Systems, a cloud computing company and top Google Partner for several years.

Before transitioning into civilian roles, Lauren served with distinction as a Surface Warfare Officer in the U.S. Navy aboard USS Anzio (CG-68) and USS Momsen (DDG-92).