RISING VIBE®

Founder

Lou Carter

Lou.Carter@rising-vibe.com

Lou Carter will support and challenge your organisation to have the conversations that matter to enable a high performing culture.

She's passionate about helping your organisation put conversation at the heart of its culture. She'll show you how to get to grips with emotion. Tackle thoughts. Address social threat and create psychological safety. Because when this happens it will drive performance and have a positive impact on results.

An articulate, high-energy communicator, Lou invites the elephant into the room, sits it down in a big comfy chair and makes it a nice cup of tea. Lou supports individuals, teams and entire organisations to learn about how thoughts impact mindset, and how what we are feeling impacts engagement, resistance, our behaviour and ultimately how we perform.

Lou's insatiable appetite for learning means she can integrate and apply her personal experiences of self-discovery, with her in-depth theoretical knowledge.

She specialises in making complex psychological and neuroscientific theory simple and accessible. She takes the best and discards the rest. She knows what works and what gets results. But don't take her word for it. Debate and discussion are actively encouraged. Challenge her. Be as sceptical as you need to be. She loves it, as herein lies the learning and growth.

Lou comes from a place of empathy and experience. She's been to 'that difficult place' and she'll be right with you when you go there too. She's felt the discomfort, so she knows how important it is to be open, accessible and to dial up curiosity and dial down judgment. There'll be plenty of compassion alongside the challenge.

Lou Carter is the founder of Rising Vibe. When she isn't transforming culture through conversation, Lou loves to walk her dogs, sweat it out on her peloton bike or enjoy good food and wine with family and friends.

Rising Vibe are culture consultants supporting and challenging leaders at all levels to have the conversations that matter. Because the conversation is the culture.

THE CONVERSATION IS THE CULTURE.

E: hello@rising-vibe.com **W:** rising-vibe.com

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