

### Important to me as a Trainer/Mentor:

- Making a real difference in the lives of real people.
- Creating a safe & comfortable learning environment.
- Arriving an hour early to set up that environment.
- I'm organized but flexible enough to meet the group's needs.
- Connecting with training participants; keeping it real.
- Clear, honest feedback. Bold questions. Real learning.
- Being a credible expert; knowing what I'm talking about. Walking my talk.
- Holding myself and others to a high level of excellence & accountability. The people we say we support are counting on that.

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### What others say they like or admire about Laura as a Trainer/Mentor:

- "Able to facilitate difficult or emotional discussions with respect, perspective, & integrity."
- "A confident facilitator and speaker."
- "Laura has the unique ability to bring differing perspectives together and reach common ground."
- "She does what she says she will do."
- "Gently redirects participants with grace and ease."
- "A naturally dynamic presenter; exceptional storyteller."
- "Real, authentic, and welcoming. She makes learning safe."
- "Always connects with her audience."
- "Not just a presenter...she's a teacher."
- "Uncompromising in her conviction that the abilities of people to have what is important to them is limited only by our imaginations."

### You can support me as a Trainer/Your Mentor when you:

- Tell me what you need from me. Give me direct & honest feedback. I will do the same for you.
- I'll set up/take down my equipment and wall charts myself. I have a "system".
- I can't find anything without a GPS. Let me know if a GPS won't get me where I need to Be ... and give me directions that *will* get me there, please!
- Don't take offense (or try to talk me out of) my lackluster food preferences. I'm not an exploring eater, sadly. I'm a picky eater but can usually find something. I carry protein bars just in case.
- Email is the best way to reach me.
- Expect to learn. Expect to be challenged. Expect to grow.
- Give me your whole self in the training experience. I'll give you mine.

