

Associate Senior Consultant

"When people and organisations take up the challenge to truly work together - only their imagination limits what they can achieve"



Lara is an experienced and skilled consultant, facilitator and coach. She believes that the solutions to the modern day business challenges are to be found by tapping into the wisdom and knowledge of individuals within the organisation.

Lara started her career as a solicitor specialising in litigation - giving her extensive experience of individuals and organisations grappling with change and conflict. She then trained as a mediator. She has considerable experience in designing and delivering leadership and team development programmes, mediating and managing conflict. She works as an Associate Consultant with Questions of Difference to support businesses to achieve sustainable success by managing differences well.

She focuses on peoples' strengths and uses coaching, facilitation and systems thinking to enable greater self awareness - building confidence to adopt new ways of thinking and working. Lara is a pragmatist and is particularly skilled at translating theory into practice - helping people to apply and integrate new learning and empowering them to bring about the transformation they need.

Working with high profile public and private sector clients Lara has developed an acute understanding of how constructive dialogue helps to build positive relationships to bring about transformation. Her diverse portfolio of clients includes: RSA, The Royal Bank of Scotland, Government Office for the North East, British Council, Coutts, Coloplast, Greenpeace, HMRC and the Scottish Government.

More recently, Lara has worked with organisations to help them pursue a sustainable business model through Corporate Social Responsibility (CSR). Working with both small and large companies, including Standard Life, Marks and Spencer, KPMG, Hays Recruitment and Scottish and Southern Energy, Lara supported companies to increase their positive commercial, social and environmental impact.

Integrating this experience into her work, Lara is skilled at helping businesses to create working environments that connect individuals, teams and wider stakeholders to a common and collect purpose creating a truly sustainable business.

"My experience has taught me that people come to work every day wanting to do a good job. If we create a working environment where relationships between colleagues can thrive, people are respected and trusted, it is amazing the positive impact individuals can have."