

Training Assignments

Laura is trusted by the **Chartered Governance Institute (CGI)** to deliver bespoke training on a range of governance-related topics. Her extensive boardroom experience and leadership in high-profile corporate transactions, risk management, insurance, sustainability, and diversity & inclusion make her a sought-after trainer and consultant.

Client	Organisation category	Training course	Date
Parkour UK	Not for profit sports governing body	Board effectiveness	January 2024
University of Liverpool	Education	Writing impactful board reports	February 2024
National Bank of Kuwait	Financial services	Directors' duties & liabilities	March 2024
Nationwide Building Society - Commercial Ventures	Financial services	The role of the Board observer	March 2024
Indigo Independent Governance	Professional services	Minute writing	April 2024
CGI	Variety of organisations	Advanced minute writing (1 day online)	June/November 2024
University of Bath	Education	Minute writing & stakeholder management	July 2024

Qualifications & Experience

- Chartered Secretary and Fellow of the Chartered Governance Institute UK & Ireland (CGI)
- Over 20 years' experience in Company Secretary roles for FTSE100 and FTSE250 organisations
- Former Group Company Secretary at Elementis plc (FTSE250)
- BA (Hons) Law and Legal Studies with History from the University of Glamorgan
- Post Graduate Diploma in Legal Practice from the College of Law
- Bronze level certification in Coaching for Performance

Accomplishments

- Governance HOT100 Winner (Board Influencer Category)
- Active mentor for the **Women's Chartered Governance Association**
- Founder of **The CoSec Coach**, a coaching and governance services consultancy
- Founder of **The CoSec Recruitment Company**, specialist recruitment for company secretaries and governance professionals