



## Lauren Larscheid

**Super Manager and Super Mom**

**Outlook:**

Glass half full.

**Described As:**

Energetic. Vivacious. Tenacious. In her words, "borderline annoying" (which proves she has a healthy sense of humor).

**Mentors:**

Her parents, a sophomore English teacher, and two ballet mistresses.

**What They Taught Her:**

The importance of acting with integrity and poise and embracing hard work on the road to success.

**Claim To Fame:**

Established the Cisco-sponsored Executive Senior Women's Forum in 2002 as a way to maintain contact with her CTO and CIO clients.

**Why It Worked:**

Gave Lauren's group access to high-level decision-makers in an informal, supportive setting, which led to a dramatic increase in sales.

**Schedule:**

Mondays: Super Mom. Tuesdays through Fridays: Super Manager.

**Little Known Facts:**

Leads a Stroller Strides circuit-training class for new and soon-to-be moms on Saturday mornings. Isn't afraid to eat ice cream for breakfast.