



Lenn Pryor

Coach / Facilitator

Lenn helps clients get what they want from work and life, without losing themselves along the way. With nearly thirty years in corporate leadership, Lenn knows the importance of sustaining focus, energy, and personal growth in a constantly changing competitive environment.

Clients appreciate Lenn's ability to:

- Precisely identify areas for growth that have the highest impact on engagement and success unique to your role
- Recognize unhelpful patterns and develop new behaviors and skills to replace them
- Build action-oriented coaching programs to support your goals
- Ask the right questions that get you to your unique answers
- Relate firsthand to the challenges you face as a leader in both startups and large companies

Areas of expertise:

- Leadership and Management Skills
- Communication and Conflict Management
- Critical Conversations and Accountability
- Change Management
- Prioritization and Focus
- Building and Scaling Culture
- Technology company leaders and teams working in Product Management, Design, Marketing, and Engineering
- Startup founders and teams

More about Lenn

With a 27-year career in Product Management and Design leadership roles at Facebook/Meta, Microsoft, Nokia, eBay, and Skype, Lenn brings together a passion for coaching and developing leaders. Lenn studied Design and Visual Communications at George Mason University. A Certified Integral Coach, he holds Professional Coaching Certification from the International Coaching Federation. Lenn lives in North Carolina, with his wife, three kids, and dog. He keeps himself fulfilled by playing Hawaiian music, spending time at the beach, stand-up paddle boarding, and being an active dad.

client testimonials

Lenn was my leadership coach at Verkada. During our collaboration together, Lenn proved to be an invaluable resource for me. Together, we worked on a development plan as I grew in my organization. Every time my role changes, Lenn was there to coach me on what to work on next. I would strongly recommend working with him.

– Michele Casertano, Verkada

Lenn has coached me through the biggest role shift I've ever tackled, moving mid-pandemic from a small, scrappy hedge fund to a hyperscaling overseas fintech. I needed an experienced thought partner and empathetic listener who understood the different stages of the startup lifecycle. Lenn has an amazing ability to bridge the practical aspects of daily work and the social and emotional dimensions of personal growth - on both sides of that divide, he's helped me identify the critical areas to focus on to be effective with my new set of challenges. He asks the right questions at the right time, and he's always on-point. He's helped me become a more effective communicator, better organized, and to aim my energy at the biggest targets. I would highly recommend Lenn as a coach.

– Scott McKuen, NuBank

I had the pleasure of working with Lenn during a time in my career when personal growth and healthy mindsets were hard to come by. I was tired, I didn't have a clear picture of what I wanted/needed to do, and I was stuck in a fight or flight response. Working with Lenn helped me understand that health and success are not just outward facing markers. Rather taking a wholistic approach and connecting all the different aspects of who I am: my mind, my body, my relationships, my work my family. All of it. Lenn provided me with the tools and support to find peace and balance. I am grateful for the time Lenn spent working with me and I could not recommend him more as a coach.

– Matt Spiel, Slack

I came to Lenn with a simple focus. I was emotionally struggling every day with a load of self-doubts and negative self-judgments at work and in life. I desperately wanted to get rid of them all but can't do it myself despite reading many self-improvement books and trying to understand the theories well. With Lenn's help and coaching, step by step, I now see myself clearer and accept who I am and what I bring to work and life. Borrowing a metaphor Lenn used often, his job is to hold a mirror and guiding me to look at myself thoroughly. Once you see it, you will know how to act and what choices to make. Working with Lenn is the start of my journey to learn how to self-love and self-caring, and it me to be determined to live life with joy and purpose. If you like me, are looking for a way to be better yourself, or simply just want to talk to someone in a safe, no judging environment, I recommend you take a step and have a conversation with Lenn. He is knowledgeable yet humble, and I have no doubt he will be a loyal listener and coach to walk with you on your journey.

– Olivia Han, Microsoft

client list

