

# [Podcast Episode 88 - Lauren Cooney \(@lcooney\) on Spark Labs, Coaching, and Inclusivity in Tech and Business](#)

Lauren Cooney is the founder of Spark Labs (<https://sparklabsco.com>) and has been doing amazing work leading mentoring, coaching, and leadership programs for women in technology which is a much needed effort. In this very open and exciting discussion, Lauren shares how she and her community building programs are working to bring diversity and inclusivity into business and tech through education and empowerment of individuals to unlock their full potential which may have seemed out of reach.

You can reach Lauren and Spark Labs in many ways here: <https://linktr.ee/sparklabs>

Listen to the episode here:

<http://podcast.discoposse.com/e/ep-88-lauren-cooney-lcooney-on-spark-labs-coaching-and-inclusivity-in-tech-and-business/>

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