

Laura N. Taggart, LMFT

Laura is a Licensed Marriage and Family Therapist with over 28 years of experience counseling families, couples and individuals. She is a popular and engaging speaker for retreats and conferences, weaving stories, humor, clinical expertise and biblical truths in a way that truly changes lives. She has a passion for helping people shed the fears and beliefs that hinder them from loving well. Laura encourages people to live extraordinary lives, embracing the joys they were made to experience in marriage and in life.

Laura has served as Director of Marriage and Family Ministry at Community Presbyterian Church, Director of Community Presbyterian Counseling Center and as an adjunct professor for Fuller Theological Seminary, Menlo Park, CA.



Laura Taggart is a wise and winsome communicator. Her teaching style invites listeners to engage quickly. Laura shares with an honesty and authenticity that drops defenses and builds trust. You will gain deep insight and leave with practical tools that will take your marriage to the next level!

Mark Wollan Pastor, Community Presbyterian Church
Danville, CA

Laura is a gifted communicator packing her message with biblical wisdom and genuine insight! Her 'easy to listen to' style draws you in as she skillfully and effectively joins her years of practice with God's truths on marriage.

Geoff Latendresse
Fire Chief for City of
Fremont, CA

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Speaking Topics

MARRIAGE:

Love for the Longhaul

A playful look at personalities, navigating conflict and protecting your marriage

To Have and to Hold

Rediscover your unique love story, refresh strategies for conflict, and renew your "I do"

The Time of Your Life (Weekend)

Staying connected no matter how fast-paced life has become; the retreat focuses on our different time styles and how to use them to enhance intimacy

The Great Marriage Adventure

Male and female differences can both challenge and rejuvenate our marriage. This retreat explores our differing cycles of intimacy and emotional needs and how these impact communication.

Becoming One

A deep dive into God's plan for physical intimacy and practical helps to nourish a couple's physical and spiritual intimacy.

Keeping Your Marriage a High Priority

Eight strategies to keep your marriage strong amidst all the demands of life.

Stress-Proofing Your Marriage

How purposefully nourish your marriage and set boundaries with specific stressors

Pulling Together During Times of Job Loss

Being without work can take its toll on a marriage. This talk gives couples specific tools for staying close and helping them cope with emotions during this challenging time.

WOMEN:

Journey to Joy

A retreat based on the book 'Hinds Feet on High Places'; the retreat invites women through places of fear and anxiety to experience deeper intimacy with God

Seeking God in the Desert

How to understand God's purposes in the dry seasons of our spiritual life; spiritual practices that will help you cross over into His promised land.

Beauty from Ashes

A spiritual retreat for women who have experienced trauma

God, Calm My Crazy Life

Worry, perfectionism, comparisons and expectations rob us of peace. Learn six sure fire ways of restoring peace and sanity to your life.

Living With Wonder

Seizing the moment, savoring life and enjoying the Presence of God

A Hearing Heart

How our heart gets lost in the responsibilities of life and how to rediscover our heart's deepest needs and longings

How to Love an Imperfect Husband

How to move through disappointment to embrace the perfectly imperfect man God has provided

Hope Floats

Staying buoyant in the midst of hard times

MEN:

The 'Real Man'

Men are made for relationships as are women. This talk dispels the lies men are told about their manhood and helps them use their strengths in the most important relationship of their life.

How Women Think — What Women Want

Get the inside scoop on what goes on in the mind of a woman and how you can successfully navigate her complexity

ALL

Navigating Life's Transitions

Every change in our life ushers in an ending, a time of transition, and a new beginning. This talk focuses on the incredible lessons of each stage and strategies for coping effectively

When the Going Gets Tough

How to hang on to hope that transcends our circumstances (1 Peter 1)

Being the Beatitudes

The beatitudes of Jesus are nothing short of radical. Understanding His intentions and meanings are the keys to transforming our spiritual character.

PARENTING:

Becoming at Intentional Family

Our culture pulls families to be overcommitted. This talk inspires parents to be very intentional about protecting their family priorities and gives practical tools for doing so.

Staying Tuned

How to raise emotionally healthy kids; a specific emphasis on communication. How to talk so our kids will listen and listen so our kids will talk

Raising Responsible Kids

How to raise kids who make good choices, respect others, and take responsibility for their lives. The focus is on setting limits and establishing effective consequences

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