

denver life

Power Couple
Russell Wilson & Ciara open The House
of LR&C in Park Meadows

Colorado's leading lifestyle magazine

The 2022 Showhouse Issue

Urban Oasis

Local design teams come together to turn a brand new build into an Urban Scandinavian style home for the modern family.

PG. 64

Building Bouquets

Unique florals for your abode

On the Menu

Asian-inspired dishes from YumCha

OCTOBER 2022

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three questions with

LAURIE K. CURE, PH.D.

Founder and CEO of Innovative Connections in Fort Collins

Dr. Laurie Cure's consulting firm helps businesses navigate organizational change and leadership development. Innovative Connections has also partnered with Colorado State University's Industrial/Organizational Psychology Program to help its students. In her book, *Leading Without Fear*, she explores the role fear plays in our lives, both personally and professionally.

① How did you come up with your business?

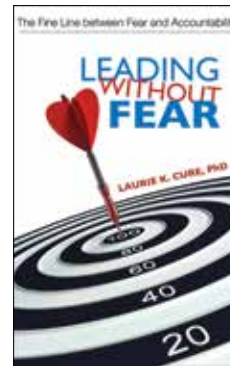
"When I started my business in 2008, I wanted a higher level of personal fulfillment. I had a desire to assist leaders and organizations and provide them with solutions that make a lasting impact. Too often, we see challenges through a very narrow lens. My background in this area of study allows me to have a greater understanding of the issues and offer a more diverse toolkit of solutions."

② What kind of approach do you take with your clients?

"Some people view coaching as a disciplinary process and others see it as a pathway to growth and development. We take a relationship-based approach to coaching individuals. For us, it is all about creating a supportive partnership that unlocks new insights and potential. Our work is highly interactive—and we merge coaching and other forms of development to ensure a leader has the greatest opportunity to excel."

③ What types of projects do you and your team manage?

"Outside of coaching, there are a couple of different types of organizational effectiveness work that are popular right now. As you have likely heard in recent months, the 'Great Resignation' is changing the landscape of our workplaces. Much of our work is consulting with organizations to better understand and define the 'Future of Work'. Along the way, a business might discover that they need guidance on changing company culture, processes and organizational structures to better meet the needs of an evolving workforce."



 **INNOVATIVE CONNECTIONS** | 1281 E. Magnolia St. #d325, Fort Collins | innovativeconnectionsinc.com

5 best

COLD PLUNGES & SAUNAS

Five-time Ironman Eric Hinman uses Proxi, a new community map-making platform, to show off his favorite Denver watering holes.

① **ARCHIPELAGO** This membership club has cold plunges and saunas in its garage space. It's a great club to meet other outdoor enthusiasts and creatives. archipelagoclubs.com

② **BEAR CREEK** Anywhere along Bear Creek or in the lake is perfect for a cold plunge. There are deeper spots in the rapids around Idledale. Check it out!

③ **DENVER SPORTS RECOVERY** Complete with an infrared sauna, hot tubs and cold plunges, this is Hinman's everyday go-to spot in town. Drop in or become a member. denversportsrecovery.com

④ **GOLDEN WATERFALL PLUNGE** 100 ft. from the Golden Library down the bike path, is a waterfall that is cold year-round. Jump in from the surrounding rocks and feel the thrill.

⑤ **RESTORE HYPERWELLNESS** Come try cryotherapy, infrared sauna, IV drips, norma tec boots and red light therapy as a drop-in or member. restore.com

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statistics

NEW BUSINESS IN COLORADO

18th

Colorado ranking among all states in GDP growth through the third quarter of last year

35,625

Number of new business filings at the end of 2021 compared to fourth quarter of 2020

5.7

Percentage of wage increase in Colorado, outpacing wage growth nationally