Lareina Ockerman

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Lareina Ockerman has more than 20 years of federal service, including 17 years as a consular-coned Foreign Service Officer with the Department of State. She completed consular tours in India, the Dominican Republic, Bolivia, and Mexico, and crisis deployments to Kabul, Haiti, and Djibouti.

Lareina is a recipient of the Secretary of State's Award for Heroism for her service during the 2021 evacuation of Kabul, a Superior Honor Award, and multiple Meritorious Honor Awards.

She resigned from federal service in 2025 and founded Por Fin Coaching, where she now coaches federal leaders who are very good at hard jobs and very bad at taking their own advice.

Lareina lives on a homestead in West Virginia with her husband, four children, and an excess of farm animals.