

MEDIA KIT



Lauren Beane

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Where to follow Lauren



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ABOUT LAUREN BEANE

Lauren Beane helps women take the leap and believe they are ready enough by offering tools, coaching, and her personal stories so they can embrace and own their unique talents.

Lauren has always considered herself a big dreamer and an entrepreneur at heart. Growing up, she started or dreamt up over a dozen businesses. From designing flyers for dog walking services at age 12 to having her lemonade stand featured on the local news, she never worried about having all the answers-- she took action on her dreams and figured things out as she went along. But as she grew older and began her career in corporate America, a lot of those dreams got pushed to the back burner. Lauren found herself hesitating to ask for a promotion, start a side hustle, or pursue her goals before she felt like she had all the answers.

In March 2020, everything changed and Lauren grew tired of waiting until she felt 'ready enough' to pursue her goals. After taking a huge leap and launching the consulting and speaking business that she had always dreamed of, she is now on a mission to empower others to feel they are ready enough (even with only 50% of the answers) and live out the life they deserve. Lauren believes that we should not wait until the perfect moment to reach our goals. Her mission is to empower others to act now and believe they are **ready enough**.

INTERVIEW TOPICS

- Learn to identify your inner critic
- How to overcome the fear of failure
- Pursuing your goals, even with 50% of the answers
- How to channel and listen to our inner voice
- Celebrate the small wins
- Activating your confidence

PAST ENGAGEMENTS



digitalsummit



NC STATE
UNIVERSITY

WHAT PEOPLE ARE SAYING

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Lauren is the most engaging, authentic, and inspiring speaker of her generation. If you are looking to dream big Lauren will help you embrace the suck that comes with failure, and convert it into reaching your goals.

-Rob Humphrey, LinkedIn

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Lauren Beane shared real and honest advice that was inspirational, informative and from the heart. We can't thank her enough for motivating the attendees of all ages to dream big and not give up when life gets hard. Lauren is a true role model!

-Katie Mauldin, Girl Scouts of Kentucky's Wilderness Road Council

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I have had the privilege of seeing Lauren present on multiple occasions. Lauren is an experienced and gifted public speaker. Her message is always relevant and delivered with energy and passion. She is a natural storyteller who always engages her audience as she delivers a thought provoking message.

-Patrice Nealon, NC State University