

# LAUREN E. SULLIVAN

## Media Release

### How I survived:

- My ex-husband's Crystal Meth addiction,
- The trauma of his dramatic SWAT team capture,
- The loss of my fast-lane Silicon Valley career, and
- My spiral into extreme burnout and despair;

### **to transform my life and teach others how to triumph over turmoil and Give Wings to Your Dreams®**

Lauren Sullivan is a Life Coach who has first-hand knowledge of what it takes to steer your life in a new direction when the cards seem to be stacked against you. She offers listeners inspiring stories from her own life as well as tips, tools and techniques for overcoming life's obstacles, including:

- Navigating a mid-life crisis (your own, or your spouse's)
- Recovering from job burnout (or burnout on life itself!)
- Juggling enormous demands (or choosing *not* to be superwoman)
- Taming the savage inner critic (and finding the voice of your kinder, gentler inner coach)
- Soothing relationship stress and finding harmony (or moving on)
- Achieving work/life balance in your current job (or jumping ship to chill out, change careers or start your own business)
- Finding a soulful sense of purpose (and living life with renewed energy and zest!)

After leaving her high-tech career behind, Lauren embarked on her own healing journey and is now a professional work/life choices coach and retreat facilitator. She is the author of *Give Wings to Your Dreams: Reawaken Your Joy and Passion for Life* and its companion workbook, the *Give Wings to Your Dreams: Personal Journal and Activity Guide*.

Lauren teaches women (and men too) how to rediscover their own inner passions, and to gain the courage, confidence and conviction to honor their needs, desires and dreams. She will take your listeners/viewers by the hand and show them step-by-step how to create an exciting new course for their lives - a truly *inspired life design*.

Lauren has been interviewed on over a dozen major market TV shows and over 50 radio programs throughout the U.S. and Canada. She is an engaging, vivacious, inspiring and informative media guest.

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# LAUREN E. SULLIVAN

## Author Bio

Lauren Sullivan is an expert in women's midlife transformation. As the founder of Inspired Life Design, a professional life, relationship and career coaching service, she leads "Life Choice Retreats" in Santa Barbara, California.

Lauren specializes in working with Baby Boomer women who are in midlife crisis and are experiencing frustration, stress and burnout, feeling disappointment with their overall quality of life, or who are searching for a sense of direction and purpose. Lauren guides them to rediscover their inner strength, conquer their fears and limiting beliefs, and ultimately move forward to implement a compelling new vision and life plan.

Lauren understands firsthand what women in midlife crisis experience. Life as she had known it shattered when she was at the pinnacle of her fifteen-year Silicon Valley career. That's when her now ex-husband's crystal meth addiction turned her life into a made-for-TV drama.

Culminating in a heart-stopping episode in which a SWAT team descended upon her rifle-wielding spouse, she hit rock bottom. She succumbed to extreme burnout, chronic fatigue and stress-related illness brought on by years of self-neglect while juggling the intense demands of dealing with her ex-husband's addiction, trying to maintain her fast-lane management career and raising her two young sons alone.

From a place of exhaustion and despair, Lauren embarked on a healing journey that led her to new beginnings and a passionate sense of purpose as a Professional Life Coach. Receiving her formal training at the Academy for Coach Training in Bellevue, Washington, she is certified through the International Coach Federation, and has served as a Premier Success Coach for the international eWomenNetwork.

During her Silicon Valley days, Lauren held the positions of Worldwide Marketing Manager for a division of Hewlett-Packard, North American Marketing Manager for a division of Sun Microsystems and worked as an independent marketing consultant for Cisco Systems.

In 2003, Lauren received an "Excellence in Writing" award for non-fiction from the prestigious Santa Barbara Writers Conference. She is the author of *Give Wings to Your Dreams: Reawaken Your Joy and Passion for Life* and its companion workbook, the *Give Wings to Your Dreams: Personal Journal and Activity Guide*. She publishes a bi-monthly e-newsletter, available via opt-in subscription on her website at [www.InspiredLifeDesign.com](http://www.InspiredLifeDesign.com).

By openly sharing her story, her wisdom, and the tools contained within her Seven Stepping Stone journey, Lauren makes a profound difference in the lives of women who are experiencing midlife pain and turmoil. She shares from her heart, reaching out and touching women who feel lost and confused or stuck in a joyless life, and encourages them to spread their wings and fly!

Lauren has been interviewed on over a dozen major market TV shows and over 50 radio programs throughout the US and Canada. She is an engaging, vivacious, inspiring and informative media guest.

# **LAUREN E. SULLIVAN**

## **Interview Topics**

### **MID-LIFE ISSUES**

- Facing burnout, boredom or blues
- Navigating a mid-life crisis – your own or your spouse’s
- Creating a new life after divorce
- Enriching your life when you have an empty nest
- Finding a soulful sense of purpose

### **CAREER ISSUES**

- Leaving behind a successful career to follow your passion
- Starting a business from the heart
- Achieving work/life balance without changing your job
- Recovering from job burnout
- Re-entering the workforce

### **RELATIONSHIP ISSUES**

- Soothing relationship stress and finding harmony
- Knowing when it’s time to move on or dig in your heels
- Entering the dating scene again after a long absence

### **PERSONAL WELLBEING**

- Self-care for the single mom, stay at home mom, or working mother
- Juggling enormous demands and being superwoman – or not!
- Overcoming fear and self-sabotage
- Taming the savage inner critic and creating a kinder, gentler inner coach
- Transforming a negative reality into positive change

### **HOLIDAY TOPICS**

- New Year’s Day – Why resolutions don’t work and what to do instead
- Valentine’s Day – What to do when you don’t have a sweetie
- Valentine’s Day – What if you’re not feeling so good about the sweetie you have?
- Independence Day – How to gain control of the your life
- Thanksgiving/Christmas – Coping with difficult relatives, holiday stress

# **LAUREN E. SULLIVAN**

## **Sample Interview Questions**

1. As a life coach, you must encounter people who assume your life has always worked well, that you've led a charmed life, but that's not the case with you. You've faced some serious potholes on the road to success haven't you?
2. Did you have a sudden epiphany that propelled you to change your life so dramatically? Did you simply wake up one day with a new vision and go for it, or was it a more lengthy process?
3. What are the main obstacles that get in the way of women pursuing their dreams?
4. In your book, you talk about the "I Can't Monster." What's that?
5. Can you give some examples of things you can do to stop sabotaging yourself?
6. What about those times when through no fault of your own, something comes out of left field to knock you off track? How do stay on track with your dreams when life keeps throwing you curve balls?
7. We hear so much these days about the power of positive thinking and this phenomenon known as The Secret or the Law of Attraction, but when life's not working, it's seems pretty ludicrous to think you can just put on a happy face and things will magically improve. What do you think?
8. What advice would you give to a woman who is not financially able to truly follow her dreams?
9. When someone's burned out, or they feel completely lost in their life, what brings back that spark and power that can make them feel like life is great again?
10. At some point, you took what you call, "a leap of faith," and you moved to Santa Barbara, California and started a whole new business, leading retreats to help women who are in some sort of midlife crisis. How can a woman know when it's right to take a leap of faith and let go of the security that she has in her current situation?

# LAUREN E. SULLIVAN

## Praise for *Give Wings to Your Dreams*

Review by Georgia Richardson, *National Association of Baby Boomer Women*:

“Ms. Sullivan’s book is warm, inviting, and almost like having your own personal life coach sitting across from you helping you to make sense of the chaos and showing you how to take charge of your broken dreams, encouraging you all the way. I felt a kinship with her once I finished the book.

The fluff and hype is absent, thank goodness, and instead you’re presented with REAL help to transform your life in the form of the “Seven Stepping Stones.” Chapter by chapter, each step is clear, concise, and gentle. These steps will teach you to look within to start your own personal journey, and to stay focused on the positive; the hope. As Lauren puts it, “The journey starts with taking personal responsibility for the quality of your life, and making the choice to step into your power as a woman.” This one sentence alone was worth the read! Thank you Ms. Sullivan! This book is powerful, bold, and coming from a woman in the throws of mid-life, to me it was magical. Don’t miss it. I highly recommend *Give Wings to Your Dreams*.

Review by Susan Bethany, *Midwest Book Review*

“An emotionally uplifting and energizing self-help book.

Written by life coach and award-winning writer Lauren E. Sullivan, *Give Wings to Your Dreams: Reawaken Your Joy and Passion for Life* is a self-help guide to transforming one’s life. Chapters outline Seven Stepping Stones to motivate oneself and improve one’s quality of life, such as “Believing You Can Have What You Want”, “Harnessing the Power of Intention”, and “Staying True to Your Vision.” Written in a serious-minded, motivational tone, *Give Wings to Your Dreams* encourages both the secular and spiritual aspects of rising above adversity and working toward one’s dream.”

# LAUREN E. SULLIVAN

## Seven Uplifting Strategies to Reawaken Your Joy and Passion for Life

If you are suffering from burnout or feeling disappointment with how your life has turned out, take heart! These seven stepping stones will guide you along an empowering path to renewed energy and zest.

- 1. Shore up your energy for change.** When you are feeling defeated, resist the urge to push yourself into action to fix your life. Instead, slow down and recharge your batteries. Acknowledge that your resources have been drained by the stress of a life chronically out of whack. Give yourself a nurturing gift by making a conscious choice to rejuvenate your body, mind and spirit. Embarking on a big change when you are depleted of energy and enthusiasm may get you somewhere, but probably not where you really want to go.
- 2. Resurrect the dreams you left behind.** Spend some quality time alone with your thoughts and a journal. Write about your needs, your desires and your dreams. Take a trip down memory lane and remember the things that used to bring a smile to your face, the things you enjoyed when you were younger and life was simpler. What were your hopes for the future? What is your highest aspiration for your life now? If there were no obstacles, what would you be doing with your life?
- 3. Conquer your inner critic and limiting beliefs.** Beware of the ugly inner critic that wants to nip this “flight of fantasy” thing in the bud. Pay attention to the negative, critical messages that stop you from taking steps in a new direction. Become an observer of your inner dialog and decide who you want in charge of your life: your inner critic or your inner coach? Allow your inner coach to expand your belief in what is possible.
- 4. Find joy in the journey.** Short-circuit the “I’ll be happy when...” syndrome by choosing to consciously dwell in positive thought and feeling. Make a choice to spend more time noticing what is right with your life and what is right with *you* rather than feeding the cycle of negativity by magnifying what seems to be wrong or missing from your life. Positive feelings such as gratitude, appreciation, love, and compassion for yourself and others will energize you and propel you toward a brighter future.
- 5. Imagine you are already where you want to be.** Spend time playing in your imagination. Not only is it okay to daydream, it’s a vital step in redesigning your life. Allow yourself to vividly imagine the life that would bring you the greatest joy and satisfaction. Then write about what you envision in clear, concise, emphatic, and energizing words. An empowering vision for your future will lift you out of the doldrums and into action!
- 6. Create an inspiring life plan.** Support your vision with a detailed plan for your new life. What needs to change in order for you to experience a rich and robust quality of life? Look at each aspect of your life that is important to you and make a conscious decision to fill in those missing pieces. Declare your intentions in writing, then make a commitment to take action to carry out your plan.
- 7. Navigate the bumps in the road.** Allow for imperfections! If things do not go as planned, or if something comes out of left field to knock you off track, let it be. Tend to the crisis or detour, but hold onto your vision. The path between where you are and where you want to be may not unfold in a straight line. Look for the gift in the situation and get back on track as soon as you can. Persistence and patience are important keys to transforming your life.

Celebrate every baby step along the way, because in time, each step will add up to a giant leap. And before you know it, your dreams will have become your new reality!

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## Seven Stepping Stones at a Glance

**One:** Shore up your energy for change by making a commitment to honor your needs and taking time to nurture your mind, body and spirit.

**Two:** Resurrect the dreams you left behind by pondering powerful questions designed to help you get in touch with your deepest desires.

**Three:** Conquer your inner critic and limiting beliefs by empowering your “inner coach” to support you in believing that you can have what you want.

**Four:** Adopt a joyful attitude and positive anticipation about your life, even before significant change has occurred, just by shifting your focus.

**Five:** Create a compelling personal vision that will enable you to gain the confidence, clarity and conviction to get what you want.

**Six:** Create an inspiring life plan anchored in powerful intentions and heartfelt choices that will create forward momentum and propel you into action.

**Seven:** Stay true to your vision by learning ways to navigate the bumps in the road, maintain your focus, and celebrate your progress as you begin to spread your wings and fly!