

Lauren E. Sullivan

Speaker Bio

“Her intuitive insights reached to the depths of my soul, skillfully guiding me to transform fear and doubt into positive and fulfilling plans, actions and outcomes.”

- Joyce Carlisle

Lauren Sullivan speaks from her heart and personal experience, as an insightful Life Coach, a riveting speaker and an award-winning author. To guide and sustain others, she draws on her own triumphant journey from exhaustion, trauma and turmoil to an inspired life anchored in passion, purpose and the joy of being fully alive.

As an author, her engaging and vivid language entrances readers with a magical energy that delights and stirs. *Give Wings To Your Dreams: Reawaken Your Joy and Passion for Life* sings with deep and powerful imagery. She received an “Excellence in Writing” award for non-fiction from the prestigious Santa Barbara Writers Conference.

As a coach, Lauren has skillfully guided a diverse array of clients to make proactive choices to live with passion and purpose and experience greater joy and fulfillment. In her retreats for individuals and small groups, she uses the natural beauty of Santa Barbara to enhance the process of bringing clarity and purpose to the lives of others. Lauren received her certification as a professional coach through the International Coach Federation, the standards and ethics body for the coaching industry following formal training at the Academy for Coach Training in Bellevue, Washington.

Prior to becoming a Life Coach, Lauren walked her talk on her own path of self-discovery. She spent over 15 years successfully climbing her career ladder, working with Silicon Valley giants Hewlett-Packard, Sun Microsystems, and Cisco Systems. As Worldwide Marketing Manager for Hewlett-Packard’s Customer Education Division, she managed the global marketing efforts of a team spanning 21 countries. Her career was at a pinnacle. Her life appeared ideal. Then personal tragedy triggered by her ex-husband’s drug addiction turned her life into a crisis of fatigue, fear, despair and burnout.

Hitting rock bottom became her catalyst to embark on a journey of exploration to connect with her dream. Lauren continues to follow her dream of making a difference in the lives of other people by openly sharing her story, her wisdom and her seven uplifting strategies to a transformed life. Her company, Inspired Life Design has expanded her ability to guide others to become the architects of their lives and give wings to their dreams.

Lauren speaks frequently to large women’s groups, including Women in Technology International and Women’s Economic Ventures, as well as for corporate organizations and associations such as Amgen, RE/MAX Real Estate Services, Curves for Women and Mary Kay Cosmetics. She has been a featured speaker at the eWomenNetwork Speakers’ Showcase. She publishes articles and often appears on radio and TV to share advice on topics such as career satisfaction, work/life balance, managing stress and recovering from burnout. She has been a guest on radio and TV throughout the country, including AM Northwest, Bay Sunday in San Francisco and Arizona Midday. She has appeared on national radio including Sirius Satellite Radio, NPR and the Good Life Show.

After eight years as a single mother raising two boys alone, Lauren recently remarried. She lives, writes and facilitates individual and small group retreats in the beautiful resort city of Santa Barbara, California.

**To book Lauren Sullivan for your event, please contact:
Lauren@InspiredLifeDesign.com 805-569-2564**