

# Lauren E. Sullivan

## Customizable Speaking Topics

### **Give Wings To Your Dreams®**

*Seven Uplifting Strategies  
to Renew Your Energy and Zest for Life*

Lauren Sullivan shares her own inspiring story and the seven strategies that helped turn her long held dreams, and the dreams of her clients, into reality while enjoying a robust and vibrant quality of life. She offers inspiration and specific tools and techniques to get what you really want, whether your dream is to:

- Build your business to new heights
- Climb the corporate ladder
- Become an entrepreneur
- Express yourself as an author or artist
- Achieve that elusive work/life balance
- Find your sense of purpose

Lauren can help you become focused and empowered to achieve the dream that you hold dear, or the dream you thought you left behind.

All too often our dreams are shoved to the backburner. They languish from lack of attention or fall victim to an inner critic offering ten reasons why you can't be it, do it, or have it.

This presentation addresses what gets in our way and how to breakthrough the barriers that keep us stuck in the status quo. Lauren provides a roadmap with specific guideposts on the journey to:

- Honor your needs, desires and dreams
- Create an inner environment for your dreams to flourish
- Design a compelling personal vision and an inspiring life plan
- Experience renewed energy and zest for life

Lauren Sullivan shows you how to envision a brighter future, empower yourself to take charge of your life, and bring your dreams into reality.

This presentation is ideal for women's groups that want to inspire and empower its members to reach for their highest aspirations in life and career. Lauren will show you how you can achieve the clarity, confidence, courage and conviction to give wings to your dreams.

### **Work/Life Choices**

*Finding Balance in the Fast Lane*

These days, life in the fast lane can be exhausting. Success at work often requires a dedication and focus that can become all consuming. Without balance in life, people eventually succumb to burnout on the job. Productivity comes to a screeching halt and companies often lose valuable employees.

Work/life balance is in everyone's best interest. Employees who enjoy optimal wellbeing and feel more successful at home:

- Are more productive at work
- Have more abundant energy
- Contribute more in the long-run

Achieving a better quality of life often seems out of reach. With precious little time for anything other than eating and sleeping, how can you hope to achieve a balanced and pleasing quality of life? **It's all about choices.**

Lauren Sullivan's presentation will inspire you to make choices that bring balance to your life and ultimately give you a greater feeling of success and satisfaction with your work as well. She will show you how to:

- Make proactive decisions and intentional choices that enhance quality of life
- Channel your drive to succeed to create balance rather than burnout
- Become the architect of your own dynamic work/life plan

This presentation is ideal for corporate audiences as well as gatherings of entrepreneurs and other business professionals who find personal priorities overshadowed by the relentless demands of fast-paced, crisis-driven work environments.

Lauren Sullivan speaks from experience, drawing on her 15 years in marketing and management with Silicon Valley giants - Hewlett-Packard, Sun Microsystems and Cisco Systems. She draws from her own incredible journey in the fast lane to guide other women in their quest to achieve an energizing work/life balance.

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