

Speaker Kit

Lauren Zoeller



SPEAKER & ENTREPRENEUR

ABOUT LAUREN

Lauren Zoeller is a 7-figure entrepreneur, host of The Aligned Love podcast, speaker, and author.

As the Founder of The Aligned Love Experience™, Lauren is an expert practitioner in reparenting, generational healing and Somatic Experiencing. Through her work, she created the proprietary Voice Activation Method™ that has been used to help thousands of men and women heal from past trauma and take ownership of their future.

She is a certified dating & relationship coach and her insights have been featured on The Drew Barrymore Show, The NY Post, Business Insider, Medium, NBC News, Goal Cast, SHAPE magazine and other international media outlets.

Lauren is a featured contributor for Ask Us Beauty, a unique magazine and membership platform that redefines beauty by helping women choose what beauty means to them both inside and out. She often speaks on topics such as Embodiment, Attachment Theory, Somatic Experiencing and Leadership.

Her business endeavors are dedicated to helping build schools for underprivileged children in Honduras with The Boundless Foundation, a philanthropic organization whose mission is to end generational cycles of scarcity and poverty.

FEATURED IN

NEW YORK POST

GREATIST



the DREW
barrymore show

healthline

Goalcast

SHAPE

**BUSINESS
INSIDER**

Medium



5 Reasons to Book Lauren



Courageous

Your audience will leave empowered! Lauren will disarm by sharing vulnerable stories that showcase the power of authenticity.

Expertise

Your audience will be educated. Lauren understands the science behind the nervous system and how it impacts the ability for relationships to thrive.

Transformation

Your audience will feel seen and heard. Lauren's ability to tie past experiences to everyday occurrences allows deep connections to be created where there wasn't one before.

Fascinating

Your audience will gain a new perspective that will allow you to make sense of things you never could before. Lauren's speeches are thought-provoking and fresh. She is committed to creating a life-changing experience.

Tangible

Your audience will be inspired to make a change. She will provide your audience with exercises and actions that they can use immediately to become more aligned in how they show up in the world.



[Click Here To View Lauren's Speaker Reel](#)



Program Descriptions

The Science of Worthiness

HOW TO RADICALLY TRANSFORM YOUR LIFE

PROGRAM BIO

Imagine a life that is exactly what you always wanted and never thought was possible. Or maybe you do believe it's possible but feel like you haven't quite figured out the formula to having it all.

Here's why - many of us were unknowingly taught at a young age that our worthiness is dependent on someone else's happiness. We have been conditioned, through the dysregulated fawn response, to people please and hide our truth in order to emotionally survive. Over time, this becomes detrimental to our ability to discover and live in alignment with the life we deeply desire.

As a somatic relationship expert, Lauren Zoeller explains the science of worthiness through the lens of the nervous system. Her story of finding her voice flips personal development on its head by eliminating common misconceptions of what it takes to actually transform your life.

Defining moments don't have to define you. It's time to let science show you how to reclaim your worth.

TAKEAWAYS

Leaving this presentation your audience will:

- Identify your core stories of limitation and how to not let them define you
- Learn about the fawn survival response pattern and how it inhibits your inability to have the life you desire
- Create a voice activation practice that allows you to operate from truth
- Develop methods to tap into your intuition that drive your decisions
- Understand how the Activation/Deactivation Cycle impacts the ability to create conscious connection

NON-CORPORATE PROGRAM

The Embodiment of Relationships

REDEFINING YOUR
APPROACH TO
CONNECTION

PROGRAM BIO

Many people struggle to find and maintain fulfilling relationships due to conditioned reactionary behaviors, which erode trust, respect, and connection over time. This may show up as one continuously reacting to perceived threats jeopardizing their ability to feel completely safe and secure in relationships, leading to dissatisfaction, disappointment, and loneliness.

As a somatic relationship expert, Lauren Zoeller, challenges conventional approaches to dating and relationships by debunking common misconceptions of what finding and keeping healthy connection looks like.

In this thoughtful and insightful session, Lauren shares science-backed data accompanied with personal stories to reframe the way you approach relationships.

TAKEAWAYS

Leaving this presentation your audience
will:

- Identify patterns that occur in relationships and how to change them
- Learn the 4 survival response patterns and how they show up in every area of your life
- Create a self-regulation practice that allows you to build a healthy attachment style
- Develop methods to tap into your intuition that drive your decisions
- Understand how the Activation/Deactivation Cycle impacts the ability to create conscious connection

CORPORATE PROGRAM

The Embodiment of Leadership

REDEFINING WHAT
MAKES A GREAT
LEADER

PROGRAM BIO

Many leadership teams struggle to foster transparency, collaboration, and a drama-free environment due to ingrained reactionary behaviors that undermine trust and respect, ultimately jeopardizing organizational success.

Continuously reacting to perceived threats hinders the ability to achieve desired outcomes, leading to weakened relationships, poor communication, and a lack of collaboration within the organization. This dynamic creates a breeding ground for underperformance and turnover.

Lauren Zoeller, a somatic relationship expert, challenges conventional leadership paradigms by dispelling common misconceptions about what it means to be a conscious leader. In this informative and educational session, Lauren shares science-backed data accompanied with hilarious stories that will encourage leaders to feel first and lead second.

TAKEAWAYS

Leaving this presentation your audience will:

- Access strategic ways to take a proactive approach to addressing organizational challenges
- Create an environment that drives team cohesion through secure leadership
- Understand how the Activation/Deactivation Cycle impacts the ability to create connection to effectively lead
- Develop a profound understanding of the physiological response and how it impacts leadership dynamics
- Develop methods that produce win/wins through self-regulation



“Success in your life
has very little to do
with what you’re
doing and everything
to do with who
you’re being.”

-LAUREN ZOELLER

Lauren Zoeller 
LOVE+RELATIONSHIP COACH

Media Reach



In the Media

Lauren's insights have been featured on The Drew Barrymore Show, The NY Post, Business Insider, Medium, NBC News, Goal Cast, SHAPE magazine and other international media outlets.

MEDIA APPEARANCES

- [The NY Post](#)
- [The Drew Barrymore Show](#)
- [Medium](#)
- [NBC News](#)
- [Shape Magazine](#)

“

Zoeller's story is a fascinating one; a lesson in self-belief, determination and the satisfaction that she isn't just helping herself, but others as well.

- PURE LIVING NASHVILLE

NEW YORK POST

the **DREW**
barrymore show

healthline

Goalcast

GREATIST

NBC NEWS

SHAPE

**BUSINESS
INSIDER**

Medium

More Media Appearances

[News 4 Jacksonville](#)

[The Love Fix Podcast](#)

[EXPAND Podcast](#)

[Thrive Global](#)

[The Wealth and Wellness Podcast](#)

[Money INC.](#)

[Teach Me How To Adult Podcast](#)

[Pure Living Nashville](#)

[KIVO Daily](#)

[Ask Us Beauty](#)

[Healthline](#)

[Greatist 1](#)

[Greatist 2](#)

[WSMV Nashville](#)

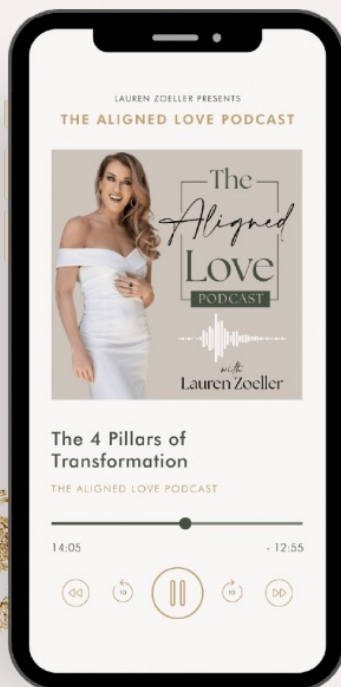
[Bare Minerals Article](#)

[Total Beauty](#)

LAUREN'S PODCAST

The Aligned Love Podcast

The Aligned Love Podcast interviews high-achieving individuals who are CRUSHING the work-life balance game and living their dream in the process. Listen [here](#).




50K

DOWNLOADS



4.8/5

RATING

8,500+ 

EMAIL SUBSCRIBERS

Social Media Following



68,500+

FOLLOWERS

Nashville, New York, Louisville,
Los Angeles, Toronto

69.6% Women | 30.3% Men
25-34 (35.1%) | 35-44 (35.9%) | 45-54 (15.5%)



29,700+

FOLLOWERS

91.2% Men | 8.8% Women
25-34 (35.9%) 35-44 (23.5%)



1,550+

CONNECTIONS

(1,500+ Contacts)



96,100+

FOLLOWERS

(580,000+ Likes)





Testimonials

Testimonials



The life I live today is much different than the life I was living when I first heard Lauren speak. I was confused and heart broken and I had not healed from my own childhood wounds. Her framework taught me how to take radical responsibility and it completely changed my life. My relationships are richer and I am more honest than ever before. I now live in full alignment and I have found my soul mate. My business and life are thriving and my days are filled with complete joy. Life has never been more fulfilling. Also, to top it off, my nonprofit has built one school in Honduras and we are on schedule to build 4 more this year! It seems like God and the universe are delivering my dream life because I found Lauren. I thank Lauren for being there as a catalyst. So much love for her and the work she teaches.

Shannon Rizzo,
CEO of Shannon Rizzo Companies &
Boundless Planet, Founder of
Boundless Foundation



If you're feeling unhappy or unfulfilled in your life, or if you're looking for love, hearing Lauren speak is THE answer you've been looking for. It was because of her and her inspiration that I was able to let go of toxic patterns and finally began to use my voice to set boundaries. I attracted a different type of man (one that I didn't believe existed before) because of Lauren, and that man I found makes me feel loved, seen, and safe. Book Lauren to speak. Just do it. She will show you and everyone listening that they are worthy of real, wonderful, fulfilling love and a life that feels alive.

Jenn Barlow,
Owner The GlamDen Aesthetic Spa



Lauren is truly a genius for busy professionals looking to find love and an aligned life.

**Angela Yee;
VP Product Development,
WeWork**



The most significant shift that occurred as a result of hearing Lauren speak was realizing that I can have it all.

**Robbie Goldsmith;
Chief Executive Officer,
Silverbelly Whiskey**



Hearing Lauren speak helped my team replace stress with peace, confidence and excitement. She truly helped us identify the things that hold us back, as well as the things that are waiting for us if we just say yes.

**Carolyn Fredericks;
Executive Assistant,
White Deer Energy**



I am so grateful for Lauren. The impact she had on my life is next level and I highly suggest booking her to speak for anyone looking for deeper love and an aligned life.

**Melody Shaw;
Appraisal Coordinator,
Citi Bank**



Booking Info

Fee Schedule

US, Canada and Mexico

60 -90 Minute Keynote	\$ 7,500
Half day (up to 4 hours)	\$ 10,000
Full Day (up to 8 hours)	\$ 12,000
2 Full Days	\$ 19,500

Europe, Asia and Australia

60 -90 Minute Keynote	\$ 10,000
Half day (up to 4 hours)	\$ 15,500
Full Day (up to 8 hours)	\$ 17,500
2 Full Days	\$ 24,500

Non-Profit and Education

60 -90 Minute Keynote	\$ 3,500
Half day (up to 4 hours)	\$ 5,500

IMPORTANT

Please call for pricing on custom programs.

Flat 10% discount for all Nashville speaking engagements.

We recommend a \$1,500 travel buyout for airfare, ground and food for all US speaking engagements. Hotel to be booked and direct billed by client.

International engagements must include business class airfare, minimum of 2 nights hotel, ground transportation, and food.

BOOK LAUREN

To book Lauren Zoeller for
your next event, please
contact her team at
media@laurenzoeller.com

WWW.LAURENZOELLER.COM



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