ABOUT LAUREN E. MILLER

Lauren E Miller, Stress Relief/Personal Excellence Educator; Founder and Managing Partner of Grab & Go Stress Solutions, International Award Winning Author/Speaker/Trainer/Coach.

EDUCATION MATTERS

Lauren received her BS degree from CU Boulder in Journalism/Psychology; postgraduate in Education; is a Dale Carnegie Graduate; 2nd degree black belt from the World Wide Tae Kwon Do Federation; Certified Master Business Success Coach; NLP/EFT Master Practitioner (two energy psychology modalities that result in profound positive behavioral transformation). Lauren is a member of the Holistic Chamber of Commerce and serves on the board of The Women of Global Change.

EXPERIENCE MATTERS

Through product resources; mainstream media; 1:1 coaching; workshops; seminars and 30 day, 3 minute a day programs, Lauren equips thousands of people worldwide with effective, sustainable skillsets that produce positive behavioral shifts which expand the ability to excel in life without all of the stress and anxiety resulting in purpose driven, confident living; goal achievement and work-life satisfaction.

Lauren has received National and International recognition including Ladies Home Journal; Redbook; Success Magazine; MSNBC; Lifetime; Discovery and the International Journal of Healing and Care. Lauren co-hosts a weekly health and wellness radio show and is a contributing writer for Colorado Biz Magazine and HR.com's Personal Excellence & Wellness Magazines.

With 20 years of volunteer work in adult and youth ministry Lauren is an active participant with Compassion International and has sponsored several children for over a decade. As a conqueror of two of life's top stressors at the same time: advanced cancer and divorce, Lauren is grateful for the gift of each new day.

PUBLISHED WORKS

Hearing His Whisper
Release the Stress Around Breast Cancer
99 Things You Wish You Knew Before Stressing Out!
5 Minutes to Stress Relief
Stress Solutions for the Soul

TESTIMONIALS

Lauren Miller is one of the most incredibly powerful human beings I've had the opportunity to meet. I use Lauren's work daily. She is a voice to be reckoned with. There are speakers and then there are SPEAKERS. Lauren has that spirit behind her voice and work. If you are serious about transforming from the inside out, Lauren Miller's work speaks for itself. Lauren has the "it" thing about her. Charisma is something you can't acquire either you have it or you don't have it. Lauren HAS IT. That thing that touches the deepest fibers of your soul…incredible!
-Les Brown, World Renowned Speaker/Author

Lauren Miller is a dynamic and engaging speaker. She has the ability to grab a crowd, and warm their soul. She delivers, she cares and more importantly, she brings tremendous value to any venue.
- Peggy McColl
New York Times Bestselling Author

SPEAKING TOPICS

THE WINNING CONNECTION
SHIFTING RELATIONSHIPS AND TEAMS FROM COMPETITION TO COLLABORATION

KEEPING YOUR HEAD WHILE LOSING YOUR HAIR
RELEASING THE STRESS AROUND BREAST CANCER

DEAR STRESS, LET'S BREAK UP: GRAB & GO STRESS RELIEF

WORK-LIFE BALANCE FOR LIFE SATISFACTION
LEADERSHIPS FROM THE INSIDE OUT: 6 LOGICAL LEVELS FOR LEADERSHIP EXCELLENCE YOU WANT TO KNOW

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