



LAUREN E. Miller

Author / Speaker / Trainer / Coach

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



LAUREN RECEIVED HER BS degree from CU Boulder in Journalism/ Psychology; postgraduate in Education; She is currently enrolled in Rutgers Master of Education in Adult Education Program with a Specialization in Human Resource Development; 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.

Through corporate wellness programs; 1:1 coaching; workshops; product resources; seminars and 30 day, 3 minute a day programs, Lauren equips thousands of people world wide with effective, results based skill-sets and systems which produce positive behavioral shifts, expanding people’s ability to excel in life without all of the stress and anxiety. Purpose driven, confident living; goal achievement; team building and work-life satisfaction are among the many positive outcomes her clients experience.

Lauren has received National and International recognition including Ladies Home Journal; Redbook; Ladies Home Journal; Family Circle; Success Magazine; CSNBC; 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. Residing in Colorado, Lauren enjoys living life to the fullest with her husband and three children along with dancing; fly fishing; camping; hiking; Colorado sunsets and laughter.

For more about Lauren visit her main website at: <http://LaurenEMiller.com>