



Lauren Smith

**AUTHOR , PODCAST HOST ,
SERIAL ENTREPRENEUR**

ABOUT

Lauren Smith is a Brand Strategist, Podcast Host and Author. Her mission is to empower others to unleash their greatest potential while designing a business and life they love.



CONNECT

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SAMPLE TOPICS

Mindful Love: How a Simple Practice Can Shift Your Life
Growing Your Business Beyond Social Media
Life On Purpose: The Power of Living with Intention

EXPERT IN THE AREAS OF

MINDSET MASTERY | PERSONAL POWER + GROWTH
DIGITAL MARKETING | MINDFUL PARENTING