



www.laurensmithbiz.com

Lauren Smith

AUTHOR. SPEAKER.
TOP 50 PODCAST HOST.

MEDIA KIT

Lauren Smith

AUTHOR. PODCAST HOST. SPEAKER.

With a down-to-earth vibe meshed with a gregarious personality, Lauren has the special ability to connect with people.

As the host of the Top 50 podcast, Master Your Mind, Business, and Life, as well as the newly launched storytelling podcast, Awaken Your Soul, Lauren has produced over 300 episodes, interviewed 200 guests, and has an audience spanning over 140 countries.

Lauren is the author of "Mindful Love: Bite-Sized Thought Nuggets to Fuel Your Life" and the co-author of 'The Whole Professional' which is currently being used in a career prep program at the University of the District of Columbia. Her affirmation card deck, The Spiritual Seeker, is globally used as a tool to unleash healing, guidance, love, and self-compassion.

With a 15-year expertise in digital marketing working with over 150 global brands combined with powerful intuition, Lauren has an edge that helps her blend practicality with instinct to achieve maximum results for clients.

As an eternal learner, Lauren is passionate about mindfulness, growth, spirituality, and helping others become their best version.



 **350K**

combined monthly
social reach

 **200**

people
interviewed

 **150K+**

unique podcast
downloads

 **10K+**

pieces of content
created

Areas of Genius

LAURENSMITHBIZ.COM

Lauren's multifaceted approach spans diverse areas. As a podcast and event moderator, her voice resonates. She brings life to voiceovers for ads, videos, and social campaigns. Sharing wisdom through teaching, training, and NLP expertise, she mentors wellness and spiritual entrepreneurs. With a 15-year digital marketing background, she offers consultancy and business coaching, including tailored podcasting programs.



PERSONAL MISSION

"I'm driven by the belief that we all have unique gifts to share. My mission is to use my voice to inspire self-healing for both personal growth and aiding others, initiating a ripple effect of healing that extends to the world around us."

Clients



IMAGES REPRESENT A PORTION OF PAST AND PRESENT CLIENTS

The Podcasts

HOSTED AND PRODUCED BY LAUREN



AWAKEN YOUR SOUL ♥

The Master Your Mind, Business, and Life podcast is a renowned life mastery show that has captured the #1 spot in multiple nations and ranked at #51 in the USA. With a rich collection of 300 episodes, this podcast empowers listeners to unlock their full potential in both personal and professional realms.

In July 2023, Lauren transformed the well-loved Sunday storytelling series from the MindBizLife podcast into an independent podcast of its own.

Awaken Your Soul is a storytelling podcast that shares moments of awakening, trials and tribulations, truth, and vulnerability in the words, and voice, of the featured storyteller.

MOST DOWNLOADED EPISODES

Ep 83: Twin Flame Energy Update
with guest Happy Souls 11:11

Ep 40: Financially Free
with guest Kumiko Love

Ep27: Numerology Forecast
with guest Felicia Bender

Ep 123: Astrology Energy Update
with guest Danielle Paige

STATISTICS

150k+

total podcast
downloads

140+

countries
streaming

300

unique
episodes

5.0

podcast
rating

MY AUDIENCE

81%

women

70%

30-45 yrs old

53%

USA



SPEAKING TOPICS

- ✓ **Mindful Love:** How a Simple Practice Can Shift Your Life
- ✓ **Healing Through Words:** Rewriting Your Story Through Journaling
- ✓ **Intuitive Parenting:** Honoring Your Inner Wisdom as a Spiritual Entrepreneur
- ✓ **Wholeness Within:** Integrating the Four Pillars of Personal Growth
- ✓ **Stories That Shape Us:** How Your Voice Can Inspire and Connect

AS HEARD ON

**Podbean's
Podcast
Wellness Week**

LUSCIOUS
HUSTLE
PODCAST

**Motherhood
Unstressed
Podcast**

SEEK
THE JOY
PODCAST

What Others Say

“Lauren is a breath of fresh air! Lauren's passion and energy is contagious! She is so real and authentic, you can tell she really wants others to achieve maximum success!

Mallory M.

“Best part is that Lauren is so real and authentic. She's truly living the life that she is helping others achieve while also sharing her own obstacles and how she's overcoming them

Cory S.



WHO I WORK WITH

I foster collaborations with brands centered around wellness, spirituality, self-improvement, health, and motherhood to create transformative and enriching partnerships.

WHAT TO EXPECT

An authentic and spiritually grounded professional, I bring a unique blend of fairness, honesty, intuition, and strategic insight to deliver high-quality results driven by strong values.



www.laurensmithbiz.com
hello@laurensmithbiz.com.



READY TO COLLABORATE?

Ready to bring your ideas to
life together?

Let's create something amazing!

Connect with Lauren at

hello@laurensmithbiz.com and

anticipate a response within 72 hours.

Lauren