



www.laurensmithbiz.com

Lauren Smith

SPEAKER. HOST.
AUTHOR. STRATEGIST.

MEDIA KIT

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

Lauren is the host and creator of the Top 50 podcast Master Your Mind, Business, and Life, where she has produced more than 350 episodes and interviewed experts, authors, entrepreneurs, athletes, and thought leaders across psychology, neuroscience, personal development, business, and life. She is also the creator of the storytelling podcast Awaken Your Soul.

Lauren is the author of Notes from the Hollow: Healing Truths for the Heavy Heart, and Mindful Love: Bite-Sized Thought Nuggets to Fuel Your Life, as well as co-author of The Whole Professional, which is currently used in a career preparation program at the University of the District of Columbia.

Her work has expanded into education and voice through Teach the Voice, a communication and podcasting initiative designed to help students become more confident, capable communicators.

Lauren brings more than 15 years of entrepreneurial experience in digital marketing and communications, including brand strategy, content creation, creative direction, SEO, and website development.

An eternal learner, Lauren is endlessly curious about people and the stories that shape us.



475K

combined monthly
social reach



250+

people
interviewed



760K+

unique podcast
downloads

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.

HIGHLIGHTED INTERVIEWS:

Ep 324. Addiction, Hollywood & Rule 62: Turning Pain into Purpose

with guest Hilary Momberger Powers

Ep 175: Bliss Brain: How to Rewire Your Brain for Happiness

with guest Dr. Dawson Church

Ep 291 Shifting from Law of Attraction to Brain Rewiring with 'The Secret' Expert

with guest Bob Doyle

Ep 179. Let Go of Control: How to Surrender and Release

with guest Sherile Turner

HIGHLIGHTED SOLO EPISODES:

Ep 331. The Season of Quiet

with host Lauren Smith

Ep 339. The Moment Someone Believes in You... Your Brain Changes

with host Lauren Smith

Ep 340: When Did We Stop Having Fun? (And Why Your Brain Misses It)

with host Lauren Smith

Ep 307: Running on Empty: How Did I Get Here?

with host Lauren Smith

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. With a 15-year digital marketing background, she offers consultancy and strategic services to clients in an array of industries.



Clients



IMAGES REPRESENT A PORTION OF
PAST AND PRESENT CLIENTS

PERSONAL MISSION

"I'm driven by the belief that there is power in using our voice. My mission is to inspire personal healing and growth, empower others to unlock their full potential, and create a ripple effect of freedom, connection, and transformation in the world around us."



WHO I WORK WITH

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

WHAT TO EXPECT

An authentic and 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
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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